

Education

Bachelor of Science in Cybersecurity
Old Dominion University, Norfolk, VA

Expected in May
2028

Expected Graduation

- Scholarships: General Endowment Scholarship
- Relevant Coursework: Linux & Windows Security
- GPA: 3.47
- CLUBS: CS2A

Motivated and detail-oriented sophomore at Old Dominion University pursuing a Bachelor of Science in Cybersecurity (expected graduation 2028). Seeking a cybersecurity Internship to apply growing knowledge in Linux and Windows security while contributing to a collaborative, security-focused team environment.

Multi-talented fitness leader with a successful history helping individuals of all backgrounds improve health, fitness and overall well-being. Knowledgeable about healthy eating, exercise programs and good lifestyle choices.

Adept at leading groups and individual coaching sessions to promote wellness. Excellent educator adept at working with people at all skills levels to improve physical strength, stamina, and health.

Work history

Wellness Coach
Chickahominy YMCA, Sandston,
VA

June 2024 - Current

- Assist members in developing safe and effective fitness programs.
- Provide guidance on equipment use and exercise techniques.
- Promote teamwork and maintain a positive, inclusive environment.
- Built strong relationships with members to promote health, wellness and available services.
- Demonstrated safe and correct forms for each exercise and piece of equipment.

Lifeguard
YMCA, Sandston, VA

March 2023 - Current

- Monitored pool area to ensure member safety and enforce rules.
- Responded to emergencies with quick decision making and first aid.
- Worked collaboratively with lifeguard team to maintain high safety standards.
- Monitored safety of guests in and around swimming pool.
- Attentively monitored swimmers to identify distress.

Certifications

- First Aid/CPR Certified
- AED Certified
- Oxygen Certified

Websites, Portfolios, Profiles

- <https://sites.wp.odu.edu/rpport/>

TECHNICAL SKILLS

- Operating Systems: Linux (in training), Windows Security (in training)
- Networking: Basic network concepts and security principles
- Tools: Command line navigation, system monitoring fundamentals
- Strong listener and communicator
- Team-oriented and dependable
- Body composition assessments
- Wellness assessment
- Mental health support
- Health education
- Weight management
- Prevention strategies
- Problem-solving aptitude