

Emily Ruck
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(757) 876-6195

Education

Old Dominion University, Norfolk VA August 2023 – Present

- Bachelor of Science in Marine Biology, GPA 4.0

Experience

Hampton City Parks & Recreation | Hampton, Virginia July 2022 – Present
WAE Beach & Pool Lifeguard

- CPR/AED and first aid certified.
- Administer first aid in the event of injury.
- Perform appropriate rescue in event of drowning or distress.
- Enforce beach/pool rules.
- Participate in biweekly physical training.

Liti Holographics | Hampton, Virginia October 2024 – January 2025
Assembly & Production/Administrative Assistant

- Aided in complete process of assembling hologram kits and their shipments.
- Carried out administrative duties as instructed by CEO.

Bayport Credit Union | Hampton, Virginia September 2022 – May 2023
Student Run Credit Union Teller

- Opened and closed each business day with taking inventory.
- Handled cash and check deposits and withdrawals.
- Assisted customers in opening accounts.

Volunteer Work/Internship

Virginia Living Museum, Newport News, VA April 2022 – Present

- Aquarist intern: duties include water chemistry and water quality monitoring, exhibit cleaning/maintenance, food preparations and feeding, maintain behind-the-scenes and prep spaces, manage brine shrimp, and assisting in data entry for a research project on invertebrate enrichment at the museum.
- Touch pool volunteer: handle various crabs, snails, and sea stars, provide information about the animals, their lifestyles, and conservation status.

Crossroads: An Apostolic Church, Hampton, VA Spring 2016 – Present

- Lead small group of college-age students.
- Collaborate with the media team to create content for social media pages.
- Aid workers in Sunday school and youth breakout groups.
- Assist the praise team as a drummer.