

### Lucy A. Sample

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#### Education

University of Illinois Urbana-Champaign, *College of Liberal Arts & Sciences*  
Expected Graduation: May 2027  
GPA: 3.25 / 4.00

Springfield High School, Springfield, IL  
Graduated: May 2023  
GPA: 3.62 / 4.00

#### Work Experience

- Sept 2023 – Present     **University of Illinois Housing, Dining Hall Staff**, Champaign, IL
- Maintain a clean and organized environment according to food safety regulations
  - Work with a team to prepare and serve food to more than 500 students each shift
  - Communicate with management regarding supply needs
- Jun 2023 – Aug 2023     **YMCA, Summer Camp Counselor**, Springfield, IL
- Led and supervised a group of 15 campers aged 5-7, ensuring their safety
  - Encouraged personal growth and development by planning diverse activities
  - Maintained parent/guardian communication regarding camper experiences and expectations
  - Communicated and enforced rules for campers in order to encourage positive behavior and to responsibly handle camper behavioral issues
- Jun 2022 – Aug 2023     **Wag n' Walk, Independent Dog Walker**, Springfield, IL
- Met daily exercise needs of various dog breeds during 30+ minute walks
  - Collaborated with four owners on the best-suited exercise plan for their dog
  - Introduced enrichment activities for dogs' mental stimulation

#### Activities

- Aug 2020– May 2023     **Science Olympiad, Team Member**, Springfield, IL
- Facilitated team discussions during practices
  - Contributed to the team's success in regional competitions
  - Encouraged critical thinking and teamwork during practices and competition
  - Compiled notes from weekly practices and competitions to share with teammates
- Aug 2019 – May 2023     **High School Volleyball, Team Member & Captain**, Springfield, IL
- Contributed as an active and engaged team member throughout high school
  - Elected as Team Captain during Senior Year
  - Created dynamic warm up routines and drills for team enrichment
  - Collaborated with coaches to motivate team members and create seasonal performance plans

#### Skills

Language                     English (Native), Spanish (Intermediate)  
Technology                 Word (Advanced), PowerPoint (Advanced), Excel (Intermediate), Canva (Basic)

Don't have much work experience yet? That's okay – it's where everyone starts!

Notice that resumes are primarily about **communicating skills**.

A wide variety of experiences can be included: clubs, student organizations, independent projects, summer activities, volunteer experiences, and more!

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