

Valerie Benedict

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Experience

<p>Northshore University Health System Research Assistant Chicago Illinois (Oct 2016-December 2016) Data analysis for a published paper on education program targeting a reduction in sugar sweetened beverages, shadowing in a cardiology practice including patient consultations and surgery.</p> <p>Private Craniosacral Therapy and Reiki Practice Craniosacral therapy and Reiki practitioner Yellow Springs Ohio (Oct 2014- Present) Running a successful body work practice.</p> <p>ND Nia Agulara Assistant Ann Arbor MI (Jan 2013-August 2013) Shadowing of a naturopathic practice as well as assemblage of herbal remedies.</p>	<p>Makawauhi Cave Reserve Reserve Assistant Kauai Hawaii (Jan 2016- April 2016) Care of a restoration project, Care of 17 giant tortoises, gave educational tours.</p> <p>Lotus Center Craniosacral Practitioner Ann Arbor MI (April 2015- June 2015) Worked with and acupuncturist to do joint body work sessions.</p> <p>Current Motors Mechanic assistant Ann Arbor Michigan (June 2012- August 2014) Assembling prototype electric motorcycles body work, battery packs and frames. Worked on patent design as well as welding.</p>
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Volunteer Experience

<ul style="list-style-type: none">• <i>Tedx Youth Ann Arbor</i> (June 2013), worked as a director of photography• <i>Food Gathers Ann Arbor</i> (Jan 2012- May 2014), assisted with public relations and fund raising	<ul style="list-style-type: none">• <i>Alfa House</i> (may 2013- August 2014), director of art program for young children• <i>Growing Hope</i> (October 2013- August 2014), Supervision of urban farm plot start up in Detroit Michigan
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Skill Highlights

- Conversational Spanish
- Fluent in German
- Knowledge of chemistry lab techniques
- Knowledge of PC and Mac computers
- Proficient in Microsoft Office: Word, Excel
- Detailed knowledge of restoration practices for endemic ecosystems
- Welding
- Experience doing research with human subjects
- Experience working with confidential data

Education and Training

Bachelor of Science, GPA: 3.9, anticipated graduation date: Summer 2018

Antioch College, Yellow Springs, OH

Major: Biomedical science

Focus: human nutrition and community health

Reiki and Cranial Sacral Practitioner,

2011-current; Reiki 300-hour Certification (2011), Cranial Sacral 200-hour Certification (2015)

Accomplishments and Awards

Dean's List Recipient, every quarter while attending Antioch College

Horace Mann Fellowship, four-year full tuition award 2014 – 2018, Antioch College

Abstract Accepted, was an author of an abstract that was accepted to the 2nd annual conference on childhood obesity

Athletic Leadership Award, Rudolf Steiner High School of Ann Arbor

Debate Team, First Speaker Novice Division fall 2014, 2015; Second Team overall, Midwest Nations Novice Division 2015

