

Rachel Mashek

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EDUCATION

- Brown University** Providence, RI | Expected Graduation May 2024
- *B.A. Public Health and Entrepreneurship Certificate Candidate*, 4.0 GPA
 - Karen T. Romer Award Recipient
- Agnes Irwin School** Rosemont, PA | Class of 2020
- Cum Laude Society Inductee, Social Justice Prize, Modern Language Prize, Williams College Book Award, Highest Honors

JOB EXPERIENCE

- Brown University, Research Assistant** Providence, Rhode Island | May 2022 – Present
- Curated new course material for the School of Public Health's Course; World of Food; to reflect recent innovation in sustainable practices, biotechnology, and industrial food production
 - Created new assignments on pressing topics; Researched eating disorders, food shaming, and food deserts to assess their impact on impoverished communities
- Plant Docs LLC, Research Intern** Providence, Rhode Island | May 2022 – Present
- Analyzed data and blood work to determine effectiveness of plant-based diet intervention looking to reduce and eliminate chronic disease
 - Collaborate with disparate teams and effectively communicate with participants to organize data for future publication
- Family Medicine Associates, Research Assistant** South Attleboro, Massachusetts | May 2022– August 2022
- Integrated Lifestyle Medicine into primary care offices standard of care through extensive research
 - Worked directly with partners and practitioners to establish the best way to improve patient experience

LEADERSHIP/TEAMWORK EXPERIENCE

- Squash Doubles Association Pro Tour, Squash Professional** New York, New York | September 2022– Present
- Ranked #15 in the world
 - Train with a partner to compete against other top-ranked athletes
- PVD Squash, Squash Professional** Providence, Rhode Island | March 2022– Present
- Coach and mentor experienced high school athletes weekly as a full time student
 - Independently run daily 6-hour camps of 10+ athletes ranging from ages 8-16
 - Manage social media accounts
- Brown Hospitality Club, Head of Publication** Providence, Rhode Island | September 2022 –Present
- Team lead responsible for creating and curating content related to all things Providence travel, tourism, lifestyle and food
 - Manage 15 team members; delegating tasks and ensuring organizational cohesion
- Brown Squash**
- Intercollegiate National Doubles Champion 2022
 - Most Valuable Player 2021-2022
 - Division 1 Recruited Athlete; Dedicate 15+ hours a week and effectively manage my responsibilities
 - Director of Publication; curates social media content
- Agnes Irwin School**
- Head of Environmental Board, Founder of Sustainable Living Club, Founder of Vegan Club
 - Captain of Varsity Squash team which placed 2nd nationally, Coaches Award 2x

VOLUNTEERING

- Petey Greene Program, Tutor** Providence, Rhode Island | Jan 2022 – Present
- Work with children in secure detention centers to develop skills as they work toward earning their GED
- SquashBusters, Coach** Providence, Rhode Island | Jan 2022 – Present
- Coach local low-income middle and high school students on the fundamentals of squash 4 hours weekly
- China Care Club, Lead Team Member** Providence, Rhode Island | Sep 2021 – Present
- Head of the media committee which works to publicize fundraising events for local Chinese adoptee children
 - Lead weekly meetings and delegate tasks to members

SKILLS & INTERESTS

Technical Skills: Proficient in Microsoft Office Excel, HTML, PowerPoint, Canva, Google Apps, Social Media

Certifications: Citi Program: Human Research Certification

Language: Intermediate Proficiency in Mandarin and Spanish

Interests: run a successful Food Instagram @freshman15eats, fitness, East Asian culture (studied abroad in China junior year of high school)