

Blu Blugold

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EDUCATION:

University of Wisconsin- Eau Claire (UWEC), Eau Claire, WI Expected: December 2026
Bachelor of Science: Rehabilitation Science, Pre-Professional Occupational Therapy
Certificate in Gerontology
Major GPA: 3.80/4.00 | Cumulative GPA: 3.68/4.00

RELATED EXPERIENCE:

Prevea Health, *Occupational Therapy Intern*, Chippewa Falls, WI June 2024 - August 2024

- o Gained knowledge and experience through observation in an occupational therapy setting
- o Set patient goals and developed therapy programs under supervision of occupational therapist
- o Led patients with conditions such as post-stroke, post-surgery, Parkinson's disease, Guillain-Barre syndrome, and lymphedema, through therapy exercises
- o Assisted with exercise sessions by transferring patients and preparing equipment

UWEC Community Fitness Program, *Student Trainer*, Eau Claire, WI December 2023 - May 2024

- o Designed individual exercise programs tailored specifically to older adult clients
- o Guided clients through exercises such as aerobics, resistance training, and stretching to help individuals achieve a healthier lifestyle

Exercise Physiology Lab Assessment, *Instructor*, Eau Claire, WI September 2022 - December 2022

- o Delivered detailed exercise physiology tests to college students
- o Led students through tests and explained individualized results

OBSERVATION EXPERIENCE:

Mayo Clinic Health System of Eau Claire, Eau Claire, WI June 2023 - August 2023

- o Observed patients of all ages in ultrasound therapy, splint development, and fluid therapy for 20 hours in outpatient hand clinic
- o Witnessed geriatric patients recovering from stroke or surgery, performed driving assessments and carried out activities of daily living in 20 hours of inpatient therapy

CERTIFICATIONS:

American Red Cross, Adult and Child CPR/AED, Infant CPR, and First Aid Expires: March 2026
American Heart Association, Basic Life Support (BLS) Expires: March 2026

MEMBERSHIPS:

Pre-Occupational/Physical Therapy Club, *Member* September 2023 - Present
Kinesiology Club, *Member* September 2022 - Present

COMMUNITY INVOLVEMENT:

Eau Claire Marathon, *Volunteer*, Eau Claire, WI September 2023 - Present
Community Table, *Volunteer*, Eau Claire, WI August 2023 - Present

LEADERSHIP EXPERIENCE:

University of Wisconsin – Eau Claire, Volleyball Team, *Captain*, Eau Claire, WI August 2024 - Present

- o Coordinate with coaching staff to develop activities to enhance team cohesiveness
- o Lead tours of athletic facilities to prospective student-athletes and answer questions related to campus
- o Demonstrate effective communication skills to assist in mediating team conflict
- o Plan, organize, and facilitate daily volleyball activities during UWEC summer camp for children ages 7-9