



Amanda Foreman

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ABOUT ME

I am currently pursuing a dual DVM/MPH degree. I just graduated with my bachelor's degree in Animal Sciences. I now hope to attend a DVM program and practice either mixed animal medicine or work in the realm of public health. After working at a companion and exotic animal hospital for three years, and shadowing a food animal veterinarian, I knew I needed the combination of species. However, after joining the Intercollegiate Meats Judging Team at the University of Florida, I was introduced to the world of food safety and public health veterinarians. Conducting immunology research with swine exhibited the amazing connection between human and animal health, which has inspired me to open my eyes to this side of veterinary medicine.

I also completed a minor in International Studies in Agricultural and Life Sciences, as well as the International Scholars Program and Peace Corps Preparation Certificate. I studied abroad at Utrecht University in the Netherlands Spring of 2022.

EDUCATION AND TRAINING

Bachelor's of Science in Animal Sciences

University of Florida [26/06/2019 – 21/12/2022]

Address: Gainesville (United States)

Field(s) of study: Animal Sciences

- BS in Animal Sciences, specialized in Animal Biology
- Minor in International Studies in Agricultural and Life Sciences
- College of Agricultural and Life Sciences Honors Program
- International Scholars Program
- Peace Corps Preparation Certification

International Scholars Program Graduate

University of Florida [02/01/2021 – 10/12/2022]

Address: (United States)

Website: <https://internationalcenter.ufl.edu/international-scholars-program>

- I completed this Fall 2022 after participating in the program preparation since Spring of 2021.
- This is a program that is designed to improve intercultural competency of University of Florida Students.
- The Graduation Certificate requires that you have international coursework, an international experience, such as study abroad, campus life engagement, and the completion of a capstone E-portfolio.
- This program helped me develop my interpersonal skills, adaptability, communication skills, leadership qualities, teamwork abilities, and initiative mindset.
- This prepared me further for a possible future in Global Public Health if I venture into the world of Veterinary Public Health and decide to go global.

Peace Corps Preparation

University of Florida [03/01/2021 – 10/12/2022]

- I completed this Fall 2022 after participating in the program preparation since Spring of 2021.
- This is a program that prepares you for possible future entry into the Peace Corps. A preparation course or certification is required to enter the Peace Corps, therefore, I am already prepared.

- For this certification, you choose a sector. I chose Education as my sector, given my experience with teaching English as a second language, and my interest in possibly teaching within veterinary academia.
- The certification requires that you have taken coursework in your designated sector and obtain 50+ hours of volunteer or work in that same sector. I completed all of mine with the English Language Institute where I teach English.

Artificial Insemination Management Certification

ABS Global [10/03/2020 – 15/03/2020]

Address: (United States)

Biotility Biotechnician (BACE)

University of Florida Biotility [19/08/2015 – 05/05/2019]

Address: (United States)

Thesis: The effect of Titanium Dioxide on the Bacterial Cell Death of Ampicillin Resistant E. Coli. The effect of Titanium Dioxide on the Bacterial Cell Death of S. marcescens.

Completed at the Biomedical Program at East Lake High School.

WORK EXPERIENCE

Language Assistant

English Language Institute at the University of Florida [14/01/2021 – 09/12/2022]

City: Gainesville

Country: United States

As a Language Assistant, I teach the listening and speaking portion of the English as a second language curriculum. This means that I create lesson plans, craft engaging activities and vocabulary, foster a safe learning environment for students coming from a multitude of countries. I also facilitate weekly activities that give students the chance to practice English and learn about American culture. Many students are preparing to attend a Ph.D. or masters program after perfecting their English, but some students begin with a basic knowledge of English. It is so rewarding to help them grow!

Research Assistant

University of Florida Department of Animal Sciences [05/07/2019 – 15/12/2021]

City: Gainesville

Country: United States

As a research assistant, I transported and analyzed tissues, blood, and any data collected in a timely manner to determine the results of treatments. I collaborated with lab members to maintain an organized and sterile lab environment. The research I was involved in mainly pertained to swine immunology, but I assisted with some mice genetics research and other trials. A lot of this involved performing various laboratory tests, such as PCR, gel electrophoresis and ELISAs. I also monitored the health of a genetic line of swine used for research on influenza, asthma, and the immune system. This meant monitoring estrus cycles of sows to properly time artificial insemination, farrow-watching, administering physical therapy to piglets, and tracking the health and growth of all swine. I also practiced proper restraint, and collected blood, nasal swabs, and symptomatic data.

Veterinary Assistant

Animal and Bird Medical Center [05/06/2018 – Current]

City: Palm Harbor

Country: United States

I began working here in high school, but now I work here during breaks from college. My role here is to bolster doctors and technicians in appointments, surgeries and run laboratory tests needed for diagnoses. I serve patients during their visit to the hospital with diligence, gentleness, and attentiveness while administering treatments, properly restraining, and taking measurements and samples. I also enhance client and patient experiences at the clinic through care, respect and optimism. My goal is efficiency while being meticulous and

ensuring thoroughness. I also intercept phone calls, manage cleanliness of the hospital, and train new teammates.

Small Group Coordinator

CHAARG at the University of Florida [01/09/2020 – 25/05/2021]

City: Gainesville

Country: United States

CHAARG stands for Changing Health Attitudes and Actions to Recreate Girls. This organization promotes the empowerment of young women by encouraging growth of physical and mental wellbeing. My job was to coordinate small groups of up to twelve girls by preparing themes for each week. This included planning and leading workouts from yoga to body combat. I also created and led social meetups like painting at the park, ice cream, gift exchanges, and self-care days.

Animal Sciences Student Ambassador

University of Florida Department of Animal Sciences [01/02/2020 – 01/12/2021]

City: Gainesville

Country: United States

My job is to promote missions of the department and provide education and outreach to the community. I mentor new and prospective students on opportunities and classes. I also lead tours of the various animal units of the department for field trips, prospective students, and investors. Another key role is the set-up, facilitation and clean-up of many events that the department hosts such as, ribbon cuttings, new student orientations, alumni tailgates, and fundraising events. It is a joy to represent the department at FFA conventions as well.

Crisis Counselor

Crisis Textline [06/12/2020 – Current]

Country: United States

As a crisis counselor, my job is to bring texters from a "hot moment" to a "cool calm." I ensure that texters feel supported, allow them to share their feelings and experiences, and then help them come up with a plan to move forward, as well as encourage them to have the strength to move forward. I also provide them with any resources I feel would benefit them that Crisis Textline gathers online. As someone who has had mental health challenges, I know how meaningful it is to just have someone who will listen. It is special for me to be able to help others the way others helped me.

Vice President, Small Group Leader, Social Media Manager

Chi Alpha Campus Ministries [07/07/2019 – Current]

City: Gainesville

Country: United States

As vice president, I spearhead small group meetings, general body meetings, and social events. I work with my fellow officers and our director to strategize recruitment and mentorship. Additionally, as the social media manager, I pursue the growth of the organization through unique and creative social media posts. After my freshman year with the organization, we lost a lot of graduating seniors so a lot of my mission has been working on growth, but sustainable growth. My goal is to make everyone feel welcome, supported and accepted for who they are. We are like a family.

Secretary

Dairy Science Club at the University of Florida [16/08/2020 – 15/12/2021]

City: Gainesville

Country: United States

As secretary, I coordinated food choices, presentations, and activities for club meetings. I also assisted in preparation of our scrapbook and website for American Dairy Science Association competition. Additionally, I updated clerical information for our yearly report and funding requests. My favorite part of dairy science club is that we are able to help our members delve so much deeper into dairy science. I love seeing someone who has

never touched a cow in their life attend our artificial insemination course. We truly inspire students to consider different career paths.

Meats Judging Team Member

Intercollegiate Meats Judging Team [09/09/2019 – 08/09/2020]

City: Gainesville

Country: United States

During my time as a meat-judger, I competed at American Meats Science Association events judging pork, lamb and beef carcasses and cuts. I tried to inspire a positive attitude in teammates during practices and while touring meat processing plants. Despite the season being cut off early due to coronavirus, I still gained a lot of valuable experience and knowledge of the meat industry. This inspired me to look into the food safety and public health side of veterinary medicine.

Veterinary Volunteer

Small Animal Hospital at the University of Florida [08/08/2019 – 15/03/2020]

City: Gainesville

I volunteered in both the intensive care unit and oncology department. My main responsibilities in each unit were to aid veterinarians and technicians in the care of patients by administering treatments as ordered, walking dogs, feeding, and monitoring behavior/wellbeing. In both of these units there are often quite fragile and critical patients, thus ensuring a clean, organized and stocked hospital was absolutely vital. In the oncology unit I also made follow-up calls for patients after treatment and appointment reminder calls.

Intramural Sports Team Player for Softball and Flag Football

University of Florida RecSports [09/09/2019 – Current]

City: Gainesville

Country: United States

I played both intramural flag football and softball. As a member of these teams, I coordinated practices for us and encouraged my team members to try their best, but also remember to have fun. I always enjoyed taking some time out of my evenings to join in these games. I met so many amazing students on each team and this gave me an opportunity to take a healthy brain break. Intramural sports are really a ragtag team of individuals who have to work together to prosper, and that is what I appreciate the most.

Teaching Assistant for Introduction to Animal Sciences Laboratory

University of Florida [15/08/2020 – 15/12/2020]

City: Gainesville

Country: United States

As a teaching assistant for the Introduction to Animal Sciences Laboratory, I taught peers the basics of handling, management, anatomy and physiology of food animals and livestock. Each week we could travel to a different animal unit to instruct on that species. For example, at the horse teaching unit, I taught students how to halter, lead, perform basic diagnostics, and even how to properly pick up a hoof. For many students, this was their first time interacting with large animals. I also attended weekly meetings led by the lecturers to prepare for labs, and graded assignments.

Research Assistant in Laporta Lab

University of Florida [09/09/2020 – 12/12/2020]

City: Gainesville

Country: United States

As a research assistant, I cared for dairy calves that were under study for a heat stress trial. As soon as the calf would arrive at our facility after being born at the main dairy unit, I worked with graduate students to move the calf into its comfortable pen. I would prepare and distribute milk replacer, perform growth measurements, restrain calves for blood draws, administer treatment to sick calves, and ensure cleanliness, health and safety of the calves and their environment.

Ride-Along Veterinary Volunteer

5th Avenue Animal Hospital [12/06/2017 – 11/2018]

City: Lebanon

Country: United States

I had the opportunity to ride-along with mixed-animal veterinarian Dr. Claxton. During this time I first observed pregnancy checks, herd checks, and routine surgeries such as a displaced abomasum. After a few visits, I was able to help in surgeries such as scrubbing in to remove a four-pound lipoma off of a labrador, many emergency calvings, and other odd happenings. I learned so much about food animal medicine and the lifestyle of a mixed-animal veterinarian. This was an experience that proved to me this was a path I wanted to follow.

Veterinary Volunteer

The Vet Clinic of Palm Harbor [10/07/2012 – 12/01/2018]

City: Palm Harbor

Country: United States

I started volunteering here at a young age mainly observing surgeries, appointments, and completing safer tasks like cleaning rooms and surgery equipment or running heartworm tests. As I grew up I was able to get more involved by monitoring patients heartrate, breathing, and anesthesia during surgeries. My role was to give a hand wherever veterinarians and technicians needed help whether it was preparing flushes, entertaining/supervising patients, directing phone calls, or ensuring a spotless hospital.

Animal Care Volunteer

Horsepower For Kids [30/08/2013 – 11/05/2018]

City: Oldsmar

Country: United States

As a volunteer at Horsepower for Kids, my number one responsibility was animal care. This involved meticulous feeding of the myriad of animals at the farm, ensuring environments were clean and the animals were all behaving relatively normal. The farm served as a rescue for horses, birds, lemurs, and almost everything in between. Another goal of mine as a volunteer was to coordinate visits of many disadvantaged children that could visit the farm for free. This meant supporting pony rides and helping kids interact safely with our animals. The animals brought them so much joy!

Farm-Hand

Rooterville Animal Sanctuary [08/08/2019 – 15/11/2019]

City: Melrose

Country: United States

As a farm-hand, I was responsible for completing the morning and afternoon rounds of feeding, cleaning and ensuring the health of the rescued pigs, chickens, cows and any temporary residents. I would work with the staff member on shift to gather a balanced meal, and parade around the farm to deliver this to the swine. I also would administer medications, including homemade sunscreen for the ears and skin of each pig. I followed a strategic order of events to safely handle and move the pigs.

DIGITAL SKILLS

Lab Skills

PCR (conventional and real-time) / Enzyme-Linked Immunosorbent Assay (ELISA) / Flow Cytometry FloJo / Gel Electrophoresis / Flow Cytometry Analysis / Good knowledges in GraphPad Prism software / Good knowledge of ImageJ software

Veterinary/Animal Skills

Veterinary-medical thinking / Animal Handling and Animal Dissection / Animal husbandary / Blood Analysis

General Business and Computer Skills

Google Drive / Microsoft Word / Microsoft Powerpoint / Microsoft Excel / Zoom / Organizational and planning skills / Good listener and communicator / Public Speaking and Public Relations / Motivated

HONOURS AND AWARDS

Gwen and Tony Cunha Scholarship

University of Florida [2020]

This is given to students who exhibit scholarship, leadership, and professional promise.

College of Agricultural and Life Sciences SHARE Scholarship

University of Florida [2020]

I achieved this scholarship for each year of my undergraduate career. This was given by the Dean of the College of Agricultural and Life Sciences due to academic standing, involvement, and character.

Undergraduate Scholar Award

American Society of Animal Sciences [2020]

This is awarded to the top 10% of juniors and seniors. Students must be of good moral character, and intend to have a career in animal science. Name was published in the December edition of the Journal of Animal Science.

Florida Academic Scholar

Florida Bright Futures Program [2019]

Achieved for each year of my undergraduate career. Students were required to have at least a 3.5 GPA, complete 100 service hours, have at least a 1260 SAT score, and the 16 college preparatory courses required for admission to a state college. Additionally, students must maintain a 3.0 GPA as a full-time student in college.

Voice of Democracy Scholarship

Veterans of Foreign Wars [2019]

Students compete by writing and recording an audio essay on a yearly patriotic theme. The year I competed the theme was: Why My Vote Matters. It was evaluated on originality, content, and delivery. I placed 2nd at the Dunedin VFW.

Valedictorian

East Lake High School [2019]

Graduated with a 4.7 GPA. AP Capstone and Biomedical Program completed. Top student out of a class size of about 600 students.

Floyd "Sonny" Tillman Scholarship

University of Florida [2021]

Animal science students with scholarship and leadership potential with an interest in the safety and processing of meat and poultry.

Palm Harbor Chamber of Commerce Citizenship Award

Palm Harbor Chamber of Commerce

VOLUNTEERING

Vice President

[Best Buddies, 18/08/2017 – 16/05/2019]

Academic Team Captain

[East Lake High School, 07/07/2018 – 10/05/2019]

President

[Mu Alpha Theta Math National Honors Society, 07/07/2018 – 14/05/2019]

Secretary

[National Science Honors Society, 10/08/2018 – 13/05/2019]

Founding-Player of Inaugural Girls Lacrosse Team

[East Lake High School, 16/01/2018 – 08/05/2019]

Buddy Go Dutch

[Utrecht, Netherlands, 18/01/2022 – 30/06/2022]

LANGUAGE SKILLS

Mother tongue(s): **English**

Other language(s):

Spanish

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

Dutch

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

HOBBIES AND INTERESTS

Photography

I love capturing the beauty of nature and human creations. My favorite thing is to photograph landscapes and wildlife while I am on hikes. I also enjoy capturing candid moments of happiness from my friends and family.

Cooking and Baking

I have been baking ever since I was gifted my Easy Bake Oven as a child, but soon I upgraded to real baking equipment. I would always make crazy designs and flavors of cupcakes for my neighbors, friends, and family. I also love to explore cooking new recipes and dishes from around the world.

Hockey

I am a big Tampa Bay Lightning hockey fan! I have been going to games since I was four years old. My dad and I have a bucket-list of going to every National Hockey League Arena. We have been to 18 arenas so far! There are 32 right now, but the league is growing.

Fostering Animals

I have been fostering at the Humane Society of North Central Florida since the Summer of 2021. It is truly a joy to see my foster puppies and dogs grow under my care and then soon join their forever homes.

Espresso and Coffee

I have a mini espresso machine and I love to create new espresso drinks for my friends and family. I am currently trying to work on my foam art on lattes.

Painting

Painting has always been a way to calm myself down if I feel overwhelmed by life around me. I mainly paint landscapes. I am not a professional, but it is always something fun to do.

Singing and Writing Music

From a young age I began to write my own songs to deal with stresses in my life. I have been in chorus most of my life and I continue to write songs and sing in my free time.