
Sephora Senestant

Philadelphia, Pa 19151 sas7107@psu.edu Phone (215)-834-7976

Summary

Talented with excellent people and project management skills. Action-oriented with strong ability to communicate effectively with all audiences. Articulate and driven to succeed. Able to perform well under pressure.

EDUCATION

Bachelor of Science, Kinesiology, Expected Graduation May 2021

The Pennsylvania State University, Middletown, PA 17057

Recipient of the *Hoverter Foundation Trustee* Matching Scholarship

Relevant Course(s): CAS 100

High School Diploma, Graduated June 2017

Cardinal O'Hara High School, Springfield PA, 19064

SKILLS

- Exceptional analytical, decision making skills , counseling and leadership skills,
- Excellent verbal and written communication,
- Strong ability to understand and follow procedures, management,
- Computer: Microsoft Office: Word, Excel, PowerPoint
- Ability to establish an effective working relationship with coworkers and correspond with the general public in a professional manner.

EXPERIENCE

- Pennsylvania State University - Middletown PA, 17057 (February 2019- May 2019)

Resident Life Student Worker

-While working here I developed a deeper connection with working closely with people and displayed exceptional customer service.

-Sort papers and documents and file alphabetically.

- **Best Personnel, Inc.** Philadelphia PA, 19110 (June 2018- Current)

Banquet Server

-Responsible for Food & Hospitality Services

- **United Postal Service** Middletown PA, 17057 (April 2018 - June 2018)

Air Ramp Driver

-Worked with sorting and loading packages onto planes.

- **United Postal Service Philadelphia PA, 19153**

Package Handler

-While working here I practiced my leadership skills, authority, and my ability to work well with others. I also was able to work well at a very fast pace.

- **Michaels Springfield Pa, 19064**

Cashier Customer Service

-While working here I practiced time management and problem-solving skills

LEADERSHIP and SERVICE EXPERIENCE

- **Caribbean Student Association (Penn State Harrisburg)**

-Caribbean cultural club that volunteered in community service

-organized events such as (Tasty Tuesday) every first Tuesday of the month.

-Organize big cultural events that is open to the public i.e Roots & Royalty

- **Student Athlete Advisory Committee,**

-Organized Fall Pep Rally for Introduction of the Sports Teams

-Volunteer on campus to increase school spirit and pride.

-Give new students interactive tours ATHLETICS Cross Country, Penn State Harrisburg

-2018-2019 school year, planned and organized Pep rally for all athletic teams

-2018-2019 participated in Student - Athlete Panel

Black Student Union

-Organized meetings and events (movie nights, discussion panels)

-Organized modeling group (Belle Ame')

ATHLETICS

TRACK & FIELD

- **CAC ALL - CONFERENCE 2018-2019**
- Varsity letter holder 2017-Present Track and Field, Penn State Harrisburg
- Varsity letter holder 2014-2017 Track & Field, Cardinal O'Hara High School
- Three-time Varsity letter holder
- Captain 2016-2017

CROSS COUNTRY

- Most valuable player 2017-Present, Penn State Harrisburg
- Most Valuable Player 2016-2017 Cardinal O'Hara High School
- Varsity Letter Holder 2016-2017 Cardinal O'Hara High School
- Captain 2016-2017

Additional Experience

- **Observation Hours for Physical Therapy**

March 2019 Completed: 12 hours
