

# Ayanna Seward

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## Objective

I recently transferred from Radford University to Longwood University as a Health Promotions major. I am currently looking for a federal work study job that will best accommodate my schedule for the 2018-19 school year. At Radford University I worked as an office assistant, helping with paperwork, mail deliveries and more errands. I am seeking a job that is similar to the one I had at Radford.

## Education

### **HIGH SCHOOL DIPLOMA | 2016 | BRUNSWICK HIGH SCHOOL**

- Top 15% of class
- Graduated as a National Honors Society member

### **BACHALORS OF SCIENCE | 2018-2020 | LONGWOOD UNIVERSITY**

- Major: Bachelors of Science in Health and Physical Education
  - Concentration: Health Promotion

## Experience

### **CERTIFIED NURSES AIDE | ENVOY OF LAWRENCEVILLE VA | 06/2016-08/2016 & 02/2018-07/2018**

- Monitored vital signs, such as blood pressure and pulse
- Assisted patients with bathing, oral hygiene, grooming, feeding and elimination
- Assisted patient with transfer and ambulation
- Followed safe lifting techniques
- Answered call lights and aided in patient comfort and safety by adjusting bed, lights, rail, etc.
- Assisted nurses with patient care

### **STUDENT WORKER | RADFORD UNIVERSITY | 11/2016-12/2017**

- Office assistant
- Deliver mail
- Helped students with information and directory
- Computer skills

### **PRODUCTION WORKER | SOUTHERN TEXTILE SERVICES | 6/2017-8/2017 AND 12/2017-1/2017**

- Machine skills

## SKILLS

- I have taken CPR courses multiple times and have received certification although I have yet to renew them. I am also compassionate about my work, I am also able to adapt to different settings with a little training, and I am also dedicated.