**Seth O’Neal Seward**

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# EDUCATION

**Nursing Major (Cormier Honors Program),** Longwood University**,** Farmville, VA, In progress

**Advanced High School Diploma,** ​Hanover High School, Mechanicsville, VA, June 2019

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# LEADERSHIP ACTIVITIES

National Society of Leadership and Success, Longwood University, Spring 2020 - present

* Attend meetings to discuss how to apply specific personality traits to leadership opportunities
* Learn how to cooperate with and motivate others

***Founder and Treasurer*,** Rock Climbing Club, Longwood University, Fall 2020 - present

* Consult with advisors to create budget for the organization
* Track spending, collect dues, and apply for grants

***Social Chair*,** Honors Student Association (HSA), Longwood University, Fall 2019

* Planned social events to promote entertainment, service, and feeling of unity throughout the organization
* Collaborated with the executive board of the organization to approve budgets and funds for social events

***Woodwind Captain*,** Marching Band, Hanover High School, Fall 2018

* Aided high school music students with learning marching and musical techniques
* Lead exercises, distributed music and marching material, painted the marching band fields, loaded and unloaded percussion equipment from trailers and carts

National Honors Society, Hanover High School, Fall 2018 - Spring 2019

* Create and attend volunteer opportunities in the local areas and school
* Created atmosphere for entire school to promote learning and academics

***Secretary,*** National Music Honors Society (Tri-M), Hanover High School, Spring 2019

* Distributed the transcribed minutes to everyone in the organization
* Collaborated with the executive board to finalize plans, create goals and opportunities, and assist organization with any questions or concerns

***Class Leader,*** EMT Course, Hanover High School, Fall 2018 - Spring 2019

* Present speech for end-of-year graduation celebration
* Collaborated with professor to transcribe and distribute notes of changes or items of importance

***Representative,*** Student Organized Drug Awareness (SODA), Hanover High School, Fall 2018 - Spring 2019

* Visited elementary schools to promote an environment of safe and fun learning
* Educated children about drug awareness and bullying with created lesson plans

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# WORK EXPERIENCE

***Musician,*** Longwood Pep Band, Fall 2019 to Spring 2020

* Performed in the pep band at basketball games

***Crew Member,*** Stevi B's Pizza Buffet, Summer 2017 - Fall 2018

* Washed the dishes, utensils, buckets, pans, floor mats, and containers
* Greeted and served customers/assembled ingredients to make pizza dough

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# SPECIAL SKILLS

* Emergency Medical Technician (EMT) certification in 2019
* Language: Spanish - Efficient (written and spoken)
* Proficient with Microsoft Word, PowerPoint, Excel; Google Docs, Drive, and Slides