

# Seth O'Neal Seward

133 McCauley Parkway | Aylett, VA 23009 | 804-296-6262 | seward\_seth@yahoo.com

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## EDUCATION

**Bachelor of Science in Nursing (Cormier Honors Program)**, Longwood University, Farmville, VA, In progress

- **Dean's List**, Fall 2019 - Present

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

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## WORK EXPERIENCE

**Clinical Experience**, Centra Southside Community Hospital, Longwood University, Spring 2021

- Assisted nursing personnel with daily responsibilities (bed baths, turnings, medication administration, assessments/vital signs, meal feedings)
- Performed special skills (foley catheter/catheter care, wound dressing changes, incentive spirometry)
- Administered COVID-19 vaccines

**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

- CPR/AED Certified
  - First Aid Training
  - Emergency Medical Technician (EMT) certification in 2019
  - Language: Spanish - Efficient (written and spoken)
  - Proficient with Microsoft Word, PowerPoint, Excel; Google Docs, Drive, and Slides
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## LEADERSHIP ACTIVITIES

**Vice President**, Honors Student Association, Longwood University, Spring 2021 – present

- Coordinate with executive board to create events around campus and assume presidential responsibilities whenever president is absent
- Monitor activities of the organization committee chairs and assist in any formal process

**Treasurer**, Sign Language Club, Longwood University, Fall 2020 – present

- Consult with executive committee to discuss plans to fundraise.
- Monitor budget for the organization, finalize plans for any purchases, and collect dues

**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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## **Community Service**

**New Life Church Food Pantry**, New Life Church, Longwood University, Spring 2021

- Helped load trucks and cars with forty-pound boxes of food
- Hand delivered boxes of food to local low income areas

**COVID Clinics**, Centra Southside Community Hospital, Longwood University, Spring 2021

- Administered COVID-19 vaccines to hospital staff and registered individuals
- Helped maintain traffic flow in the road to prevent accidents and to minimize confusion

**Food Distribution Relief**, Farmville, Longwood University, Spring 2021

- Picked up food boxes at local fire station and delivered food to homes affected by power outages
- Helped struggling families get in contact with help

**Heartland Horse Heroes**, Buckingham, Longwood University, Fall 2020

- Repaired broken fences
- Dug holes for poles and posts for the horses
- Fed the horses

**Hull Springs Retreat**, Hull Springs, Longwood University, Fall 2020

- Cleaned dog cages in the local dog shelter
- Cleaned, bathed, fed, and walked dogs at the local dog shelter