

# CIRO GRIFFITHS

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## EDUCATION

**Union College**  
Schenectady, NY  
June 2012

**Bachelor of Science**  
Neuroscience  
Minor in Chinese

**GPA: 3.65**  
Dean's List  
Scholar's Program

**Fudan University**  
Shanghai, China  
Sept 2010 - Dec 2010  
Study Abroad

**App Academy**  
Open Coursework  
August 2020

## CULINARY EXPERIENCE

### SOUS CHEF

Vernick Fish, Four Seasons, Philadelphia, PA | May 2019 - February 2020

- Responsible for training an opening team in an upscale, fast-paced restaurant
- Developed administrative tools to organize recipes, order inventory and write schedules
- Crafted specials and menu items for a seafood themed concept

### SOUS CHEF

Vernick Food & Drink, Philadelphia, PA | January, 2017 - May 2019

- Developed skill set to work any position and fill in at any time necessary
- Responsible for checking quality, keeping inventory and ordering of all proteins
- Aided in training of all employees
- Created recipes for a seasonal amuse bouche soup serving as a first taste for all guests
- Managed the proper deep clean and break-down of the restaurant each night

## PRIOR WORK EXPERIENCE

### APPLICATION SPECIALIST

MEDITECH, Westwood, MA | September 2012 - August 2014

- Aided multiple hospital teams throughout the process of learning and utilizing a Patient Workload Management software through presentations and on-site visits
- Set parameters and provided ongoing support at the hospital for effective and personalized use
- Traveled throughout the country to assist hospitals in going live with the software and provided ongoing technical support with any questions or glitches in the system

### SUPPLEMENTAL INSTRUCTION LEADER

Union College, Schenectady, NY | Jan 2012 – March 2012

- Organized sessions and office hours open to all students in a first year Psychology course
- Collaborated with professor on strategies for studying and approaching problems

### CAREER ASSISTANT

Becker Career Center, Union College - Schenectady, NY | Sept 2008 - June 2010

- Aided students in accessing career center resources depending on their individual needs
- Gathered knowledge of the career center's facets while completing projects for events

## COLLEGIATE INVOLVEMENT AND LEADERSHIP

### CERTIFIED EMERGENCY MEDICAL TECHNICIAN

Schenectady, NY | August 2011 – June 2012

- Educated in life saving interventions including CPR, usage of positive pressure ventilation equipment and application of necessary medication.

## SPECIAL SKILLS

**CODING: Proficient in Ruby/Ruby on Rails, Python, Javascript, SQL**  
**LANGUAGE: Conversational in Spanish; Basic Mandarin Chinese knowledge**