

4159 Crown Hill Road
Mechanicsville Va, 23111

(704)909-8293
flwentzien@gmail.com

Frederick Lawrence Wentzien

EDUCATION

Mechanicsville High School, Mechanicsville Va

4.288 Weighted GPA, 4.0 Unweighted GPA

Class Rank: 34 out of 322

Advanced Diploma

Cornell University(Currently Enrolled as a Junior)

3.4 GPA

Classes Taken: Calculus 2/3, Differential Equations, Linear Algebra, Intro to Computing, Engineering General Chemistry, Mechanical Design, Thermodynamics, Dynamics

EXPERIENCE

High School Boys Volleyball-Varsity(Starter)

August 2022-June 2023

Panera Bread - Salad and Sandwich Maker/Trainer

June 2021 - July 2023

- During my time at Panera Bread I have worked in the back of house, preparing food and building people's orders. I have handled high stress situations during lunch and dinner hours, where we have had 40+ orders on the screen. I have helped train new employees at multiple different stations on multiple different occasions, teaching them how to make food and what their responsibilities will be. I have done this through instruction and experience as I follow the edge method of explaining, demonstrating, guiding, and enabling.

Cornell NROTC Midshipmen 2/C

July 2023 - Present

- In the ROTC Program, designed to train future officers within the US Navy, I have worked on multiple occasions to organize and lead in different scenarios. These include giving presentations on topics of military history, completing

scoring tasks at the Cornell University Invitational Drill Competition, and participating in an Endurance Course at Colorado Boulder. Through this program I have continued to develop my leadership skills, public speaking ability, as well as my professional relationship with the public.

- Awards: Drill Ribbon
- As an NROTC Midshipmen I have also completed New Student Indoctrination. This is a two and a half week program located in Great Lakes Illinois, designed to prepare Midshipmen for Naval Service and NROTC. Through this program I received a majority of the same training as the enlisted recruits of the Navy and was put in a long term high stress situation.

NJROTC-Admin Officer

May 2022 – May 2023

- As Admin Officer of the Unit I handle all the paperwork that comes in and out through the cadets. This includes organizing permission slips, physicals, and health screening docs. I make sure that all cadets have the correct paperwork in order to attend events and enjoy the Unit.
- Military Officers Association of America JROTC Award
- Distinguished Unit, Honor Cadet, Aptitude, Outstanding NS-3, Exemplary Cadet, Physical Fitness, Participation, Academic Team, and Color Guard Ribbons
- Colorguard: I am right rifle in the units NS4 Colorguard. We served the community by providing our services at events such as Veterans Day ceremonies, Chief rank pinning ceremonies. We also did events such as a Nascar Race at the Richmond Raceway, and Mechanicsville High School Graduation.

Boy Scouts of America- Eagle Scout

August 2020 – Present

- 4 Palms
- Senior Patrol Leader, Assistant Senior Patrol Leader, Patrol Leader, Chaplain
- I have gained leadership experience through this program multiple times. I led the troop during a week-long summer camp, providing them with instruction and organizing them so that we could succeed in inter-troop competition. I also organized my Eagle project which consisted of building a 1,300 dollar outdoor platform for my church Shady Grove UMC. This task involved organizing materials, and handing out responsibilities. I used the method of servant leadership and instructed as well as participated during my Eagle project, helping out at each station.

2019 Virginia Senate Page

January 2019–February 2019

- 2019 Virginia General Assembly
- Page Capitol Award, Senate Pages Award(3 times), Page of the Day, Top Page of the 2019 Virginia General Assembly Session award from my group instructor
- During my time as a page I worked on the Senate floor during session, providing assistance to the Senators. I also assisted in administrative tasks such as organizing filings and pulling out Senate Bills from the archives as the

Senators needed them. Aswell, I aided the public by guiding them and answering questions. This was combined with multiple leadership lessons a week and the completion of school work during the night time hours.

AWARDS

West Point Leadership Award

- Presented by the West Point Society of Richmond
- It is awarded to juniors for excellent performance in academics, athletics, community service, good citizenship, and leadership by the staff and administration of my high school, Mechanicsville High School. This is present in recognition of outstanding accomplishments in keeping with the ideals of the United States Military Academy, Duty-Honor-Courage.