



- 姓 名：杨宇娇
- 籍 贯：湖南省江华县
- 政治面貌：共青团员
- 学 历：本科
- 出生年月：2001.10
- 身 高：160cm
- 民 族：瑶族
- 专 业：医学影像技术

电话：17347016204

邮件：17347016204@163.com

教育背景

2023.9-2025.6 上海健康医学院 本科 医学影像技术（全日制）

- 相关课程：正常人体学、医学影像诊断学、超声设备及检查技术、MRI 设备及检查技术、核医学、X 线设备及检查技术等。

- GPA：3.55/4.00

2020.10-2023.6 上海健康医学院 专科 医疗设备应用技术（全日制）

- 相关课程：医学影像设备机械基础、医学图像处理及 PACS、医学影像设备及质量控制、CT 技术及设备、MRI 技术与装置等。

- GPA：3.59/4.00

校园经历

2021.9-2022.2 上海健康医学院话剧社 普通成员

- 剧目排练与演出执行：积极参与剧目的定期排练，按时出勤，严格遵守导演调度与舞台指导。在演出中准确完成台词演绎、走位及情绪表达，确保演出环节流畅。
- 团队协作：与剧组成员紧密协作，高效完成排练任务及演出前后台准备工作（如：互相配合走位、提词、协助换装、道具搬运与归位等）。
- 能力提升：显著提升在公众场合的表达能力、自信心及临场应变能力（如在意外情况下的即兴发挥）。

2021.9-2021.10

全国职业院校技能大赛高职组英语口语项目校内初赛

主要成员

- 核心职责：承担参赛视频的英文配音任务，深入理解文案内容与语境，通过声音精准传递信息，确保发音准确清晰、语调自然流畅、情感表达到位。此外，协助参赛视频的剪辑，根据剧本要求，精准完成素材筛选、节奏把控、字幕添加、基础特效（如转场、调色）及音画同步。
- 项目成果：作品凭借专业的制作水准与出色的英语配音表现，最终助力团队荣获全国初筛一等奖。

2023.9-2025.6

上海健康医学院 9 号楼 608 寝室长

- 宿舍管理: 负责管理宿舍成员，组织宿舍卫生清洁，宿舍卫生达标率达 100%。成功协调宿舍成员间的矛盾 2 次，矛盾解决率达 100%。
- 活动组织: 策划并组织宿舍集体活动 5 次，如宿舍聚餐、户外运动等。活动参与率达 100%，有效增强了宿舍成员间的凝聚力。

2023.10.28

华夏学子说颁奖典礼现场志愿服务。

- 活动执行与颁奖管理：颁奖典礼中担任核心志愿者，精准负责获奖者引导、证书颁发，确保流程衔接顺畅、环节庄重有序。
- 现场秩序维护与协调：主动维护典礼核心区域秩序，有效引导嘉宾、获奖者及观众就座与流动，及时响应并妥善处理现场临时需求，保障典礼高效、安全进行。
- 团队协作与应急支持：与志愿者团队及工作人员紧密配合，灵活应对流程调整与突发状况，为典礼的圆满成功提供可靠支持，实现服务环节零失误。

实习经历

2024.7-2025.5

上海交通大学医学院附属仁济医院

放射科实习技师

- 操作设备：在老师指导下参与 DR、CT、MRI 操作，熟练掌握设备操作流程，目前熟练使用西门子、GE、飞利浦、联影设备。

- 技术实践**：参与影像摆位、应用图像处理技术，对采集到的图像进行后处理，有效提高了图像的清晰度和诊断价值。
- 核心技能**：熟练操作钼靶设备，掌握CC位、MLO位标准投照技术，拍摄出符合质控标准的影片，日均独立完成20例+检查，得到带教老师认可。
- 复杂操作处理能力**：3岁儿童肺炎拍胸片，哭闹拒检，呼吸急促，使用玩具引导摆位法拍摄。肥胖患者腰椎检查时组织穿透难度高，调整kV/mAs参数+线栅优化。
- 高强度工作执行力**：累计完成1000+例CT检查，高峰时段（单日200+例）保持100%操作合规率。CT球管过热报警，10分钟分流8名患者至其他CT科室检查，保障科室运转。
- 医患沟通能力**：针对儿童/老年患者，定制沟通方案（如用“太空舱探险”比喻MRI检查），患者配合度提升40%。

获奖情况

2021 年 11 月	校三等奖学金
2021 年 11 月	全国职业院校技能大赛高职组英语口语项目校内初赛一等奖
2021 年 12 月	上海健康医学院单项奖“科技创新奖”
2022 年 9 月	国家励志奖学金
2022 年 10 月	校三等奖学金
2024 年 9 月	国家励志奖学金
2024 年 12 月	校三等奖学金

技能证书

2021 年 6 月	大学英语四级证书（CET-4）（474 分）
2023 年 5 月	大学计算机一级证书

自我评价

- **具有较强的学习能力：**通过观看教学视频、自主实践和精准感知肌肉发力，成功自学健身动作要领。目前硬拉 100kg（体重 58kg），该过程及成果极大增强了自信心。
- **适应能力强、抗压能力强：**高效融入三甲医院高强度临床环境，在多任务并行、时间压力及紧急情况下保持稳定输出，严格遵循规范，保障医疗工作有序进行。
- **具有团队精神和协作能力：**在胜任寝室长工作中协调成员分工、化解矛盾，有效提升集体凝聚力；在颁奖志愿者经历中，与多元背景伙伴紧密配合，共同高效完成了活动。
- **具有良好的沟通能力：**在辅导小学英语数学时，善于用学生易于理解的方式讲解知识，并积极互动，成功帮助一名学生实现成绩突破（从不及格到及格）。

Yujiao Yang

Native Place: Jianghua County, Hunan Province

Political Status: Communist Youth League Member

Education: Bachelor's Degree

Phone: 17347016204

Age: 24

Height: 160cm

Ethnicity: Yao

Major: Medical Imaging Technology

Email: 17347016204@163.com

Education Background

2023.9-2025.6 Shanghai University of Medicine & Health Sciences -
Bachelor's Degree in Medical Imaging Technology (Full-time)

- Relevant Courses: Normal Human Anatomy, Medical Imaging Diagnostics, Ultrasound Equipment and Examination Techniques, MRI Equipment and Examination Techniques, Nuclear Medicine, X-ray Equipment and Examination Techniques, etc.
- GPA: 3.55/4.00

2020.10-2023.6 Shanghai University of Medicine & Health Sciences -
Associate Degree in Medical Equipment Application Technology (Full-time)

- Relevant Courses: Mechanical Basis of Medical Imaging Equipment, Medical Image Processing and PACS, Medical Imaging Equipment and Quality Control, CT Technology and Equipment, MRI Technology and Devices, etc.
- GPA: 3.59/4.00

Campus Experience

2021.9-2022.2 Shanghai University of Medicine & Health Sciences Drama Club - Member

- **Play Rehearsal and Performance Execution:** Actively participated in regular rehearsals, maintained punctual attendance, and strictly followed director's instructions and stage directions. Accurately delivered lines, movements, and emotional expressions during performances to ensure smooth execution.
- **Team Collaboration:** Worked closely with cast members to efficiently complete rehearsal tasks and backstage preparations (e.g., coordinating movements, prompting lines, assisting with costume changes, and handling props).
- **Skill Development:** Significantly improved public speaking skills, confidence, and ability to adapt to unexpected situations (e.g., improvisation during unforeseen circumstances).

2021.9-2021.10 National Vocational College Skills Competition (English Speaking) Campus Preliminary - Key Member

- **Core Responsibilities:** Responsible for English dubbing of the competition video, deeply understanding the content and context to ensure accurate pronunciation, natural intonation, and appropriate emotional expression. Assisted in video editing by precisely selecting clips, controlling rhythm, adding subtitles, basic effects (e.g., transitions, color grading), and synchronizing audio and video.
- **Achievement:** The work won the national preliminary first prize due to its professional production quality and outstanding English dubbing performance.

2023.9-2025.6 Shanghai University of Medicine & Health Sciences Dormitory 9-608 - Dormitory Leader

- **Dormitory Management:** Managed dormitory members, organized cleaning schedules, achieving a 100% cleanliness compliance rate. Successfully resolved conflicts between dormitory members twice with a 100% resolution rate.
- **Activity Organization:** Planned and organized 5 dormitory activities (e.g., group meals, outdoor sports) with 100% participation rate, effectively enhancing cohesion among members.

2023.10.28 Huaxia Student Speech Award Ceremony - Volunteer

- **Event Execution and Award Management:** Served as a core volunteer, responsible for guiding award recipients and certificate distribution, ensuring smooth transitions and solemn proceedings.

- On-site Coordination: Maintained order in key areas, effectively directing guests, awardees, and audience members, promptly addressing temporary needs to ensure efficient and safe event execution.
- Team Collaboration: Worked closely with volunteers and staff to adapt to schedule changes and emergencies, providing reliable support for the event's success with zero errors in service delivery.

Internship Experience

2024.7-2025.5 Renji Hospital Affiliated to Shanghai Jiao Tong University
School of Medicine - Radiology Intern Technician

- Equipment Operation: Assisted in operating DR, CT, and MRI equipment under supervision, mastering operational procedures. Currently proficient with Siemens, GE, Philips, and United Imaging equipment.
- Core Skills: Proficient in operating mammography equipment, mastering CC (craniocaudal) and MLO (mediolateral oblique) standard positioning techniques. Independently performed 15+ examinations daily, producing images meeting quality control standards. Recognized by supervising instructor for technical competence and efficiency.
- Technical Practice: Participated in patient positioning and applied image processing techniques to enhance image clarity and diagnostic value.
- Complex Case Handling: For a 3-year-old child with pneumonia who refused examination due to crying and rapid breathing, used toy-guided positioning. For obese patients with challenging lumbar spine examinations, adjusted kV/mAs parameters and used grid optimization.
- High-volume Work Execution: Completed 1000+ CT examinations, maintaining 100% compliance rate during peak periods (200+ cases/day). When CT tube overheated, diverted 8 patients to other CT departments within 10 minutes to ensure operational continuity.
- Patient Communication: Developed tailored communication strategies for pediatric/elderly patients (e.g., describing MRI as a "space capsule adventure"), improving cooperation rate by 40%.

Awards

Date	Award
November 2021	University Third-class Scholarship

November 2021	National Vocational College Skills Competition (English Speaking) Campus Preliminary - First Prize
December 2021	Shanghai University of Medicine & Health Sciences "Science and Technology Innovation Award"
September 2022	National Encouragement Scholarship
October 2022	University Third-class Scholarship
September 2024	National Encouragement Scholarship
December 2024	University Third-class Scholarship

Certifications

- June 2021: CET-4 (College English Test Band 4) - 474 points
- May 2023: National Computer Rank Examination Level 1 Certificate

Self-Evaluation

- **Strong Learning Ability:** Successfully self-taught fitness techniques through instructional videos, practice, and precise muscle control. Currently deadlift 100kg (body weight 58kg), significantly boosting self-confidence through this process.
- **Adaptability and Resilience:** Efficiently integrated into the high-pressure clinical environment of a top-tier hospital, maintaining stable performance under multitasking, time constraints, and emergencies while strictly adhering to protocols.
- **Teamwork and Collaboration:** Demonstrated leadership as dormitory leader by coordinating tasks and resolving conflicts, enhancing group cohesion. Worked effectively with diverse teams during volunteer events to achieve common goals.
- **Effective Communication:** Tutored primary school students in English and

math, explaining concepts in accessible ways and fostering interaction, successfully helping one student improve from failing to passing grades.