

# Alexis Meskowski

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## Education

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### IUPUI – Indiana University Purdue University Indianapolis

Indianapolis, IN

BACHELORES OF SCIENCE IN COMMUNITY HEALTH

2016 – 2019

- Minor in Education
- Graduated with Honors
- GPA 3.49

## Experience

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### Little Red Door Cancer Agency

Indianapolis, IN

HEALTH EDUCATION INTERN

January 2019 – May 2019

- Planning, implementing and evaluating the agency's tobacco prevention educational program (HURU)
- Facilitating thirty minutes to one hour long presentations and discussions regarding tobacco prevention to middle school students in Central Indiana
- Managing and organizing the collection of program data in Microsoft Excel for reporting to the agency and other constituents

### IUPUI – Office of Health and Wellness Promotion

Indianapolis, IN

PEER HEALTH EDUCATOR

January 2017 – May 2019

- Supporting the mission, values, and goals of the Office of Health and Wellness Promotion as a representative of the office
- Working with a team of peer health educators and HWP office staff to plan and evaluate programs based around the 8 dimensions of wellness in order to educate and advocate for health on IUPUI's campus
- Maintaining regular office hours to facilitate sexual health and condom education for students, decreasing their chances of negative sexual health outcomes

### IUPUI – Orientation Services

Indianapolis, IN

PEER MENTOR

August 2016 – December 2018

- Scheduling meetings with around 30 first-year students regularly to mentor and encourage them, while influencing them to set goals and accomplish them throughout the semester
- Facilitating icebreaker activities and building rapport among students in the classroom setting
- Educating students on the resources available to them, connecting students to appropriate resources, and following up with student concerns in order to increase their self-efficacy
- Attending the National Mentoring Symposium annually to support mentoring initiatives and to continue education concerning mentoring

## Skills

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### Professional Skills

PEER MENTORING & TEACHING, PROGRAM PLANNING, EMPOWERMENT

### Soft Skills

MICROSOFT OFFICE, COLLABORATION & TEAMWORK, DATA PRESENTATION, TIME MANAGEMENT

## Awards and Volunteering

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CERTIFIED HEALTH EDUCATION SPECIALIST (CHES)

April 2019

MOTIVATIONAL INTERVIEWING TRAINING

February 2019

LEAD VOLUNTEER – PAWS PANTRY

October 2016 – December 2018