

EDUCATIONAL BACKGROUND

Bachelor of Science in Nursing

Expected Graduation: May 2025

- California State University at Los Angeles, Los Angeles, CA

Key Coursework:

- Core Nursing Classes: Didactic and clinical components of medical-surgical, pediatric, maternal, psychiatric, critical care, and public health nursing.
- Nursing Leadership, Research, and Informatics: Enhanced knowledge and skills to effectively manage and improve nursing practice.
- Psychology of Emotions and Motivation: Examination of biological, cultural, and social influences on emotions and theoretical applications to everyday life.
- Race, Gender, and Hybridity in the Americas: Exploration of the socio-historic construct of race focused on Indigenous and Afro-descendant peoples.

Associate of Science in Health Sciences

February 2025

- Glendale Community College, Glendale, CA

Key Coursework:

- Developmental Psychology: Exploration of human development across the lifespan with a focus on cognitive, emotional, and social growth.
- Personal Health and Wellness: Focuses on strategies for cultivating physical, mental, and emotional health and well-being.
- Critical Thinking and Argumentation: Enhances skills for analytical reasoning and persuasive writing through diverse readings and logical analysis.

ACADEMIC PROJECTS & RESEARCH

Childhood Obesity Public Health Peer Teaching Project

November 2024

- This project examines the disease, distribution, and determinants of childhood obesity, providing peer education about the health risks, varying impact across different populations, and underlying factors influencing the prevalence of this public health concern. It concludes with a call to action that includes potential

interventions as examples of how the public health nursing field can address this concern.

- Multimedia presentation using PowerPoint slideshow with video narration

The Use of Artistic Creation to Ease Sadness

April 2024

- A creative research project exploring the relationship between sadness and artistic expression, incorporating personal experiences and academic sources to investigate how creative activities can serve as adaptive mechanisms for mood regulation and healing.
- APA Style Writing (7th Edition)

Technology in Healthcare and Its Relation to Patient Engagement

November 2023

- A review of four studies highlighting how healthcare apps and wearable technology improve patient engagement, well-being, and nurse-patient relationships while reducing burdens on healthcare professionals.
- Collaborative Class Project: Research Poster

Time to Hand LANDBACK

November 2023

- An exploration of indigenous stewardship that sustained the lands of the United States long before European colonization with a narrative that delves into how centuries of displacement and broken treaties led to the marginalization of native communities. The presentation highlights the modern "LANDBACK" movement—a powerful call to return ancestral lands and embrace sustainable practices from those who have long cared for our planet.
- Utilized the Canva platform with multimedia effects

The Need to Protect Our Own Vital Resource from Ourselves

February 2020

- An examination of the global water crisis through discussion of the escalating issues of scarcity, contamination, and pollution that result from human activities such as industrialization, consumerism, and urban development. It emphasizes the need for sustainable water management and collective accountability to preserve this finite resource and ensure the health of both the planet and its inhabitants.
- MLA Style Writing (8th Edition)

CERTIFICATIONS

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|--|---------------------|
| Certified MyoResearch Myofunctional Therapist | January 2019 |
| ◦ Myofunctional Research Company, Rancho Cucamonga, CA | |
| Certified Massage Therapist | March 2006 |
| ◦ Hands on Healing Institute, Tujunga, CA | |
| Certified TMJ Assistant | July 2003 |
| ◦ American Academy of Craniofacial Pain, Bozeman, MT | |
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CONTINUING EDUCATION

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| TOTS Training | June 2019 |
| ◦ Chrysalis Orofacials, Greenville, SC | |
| Best Practices in Pediatric Feeding, Motor Speech and Mouth Development by Diane Bahr | February 2019 |
| ◦ Talk Tools, Charleston, SC | |
| Cranial Nerve Assessment | November 2017 |
| ◦ Lois Laynee Restorative Breathing, Phoenix, AZ | |
| Midline Protocols (Frenula Assessments) | August 2017 |
| ◦ Lois Laynee Restorative Breathing, Phoenix, AZ | |
| Laynee Restorative Breathing Method with NeuroSequencing | June 2016 – October 2016 |
| ◦ Lois Laynee Restorative Breathing, Phoenix, AZ | |
| • Level 1 June 2016 | |
| • Level 2 October 2016 | |
| AAMS Congress, Los Angeles, CA | October 2015 |
| ◦ Academy of Applied Myofunctional Sciences, Pacific Palisades, CA | |

Introduction to Myofunctional Therapy

October 2013

- Academy of Orofacial Myofunctional Therapy, Pacific Palisades, CA
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ADDITIONAL TRAINING & SPECIALIZED EDUCATION

Collaborative Institutional Training Initiative, Fort Lauderdale, FL

September 2024

- Social & Behavioral Research
- Responsible Conduct of Research

Hands on Healing Institute, Tujunga, CA

April 2004 – June 2008

- Energy Healing
 - Level I April 2004
 - Level II February 2005
 - Level III May 2005
 - Level IV June 2008