

Sofia Grigoriadou

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Professional Summary

I am a 5th year undergraduate student in the Department of Biomedical Sciences of International Hellenic University. I have completed my undergraduate thesis on an intersection of hematology and botany. My skills cover wet and dry lab, as a result of my coursework and my thesis. My achievements in education, my work experience, along with my above professional working proficiency in three languages and my attendances at various workshops and conferences portray a person adaptive in diverse environments, with drive to learn and excel independently or in an intercultural team.

Research experience

July 2025: **Research Assistant** (Voluntary)

Aristotle University of Thessaloniki, Greece – Dept. of Dentistry

Supervisor: Dr. Tsamesidis Ioannis

Skills: Growth-based bacterial viability assay

November 2024 – June 2025: **Undergraduate thesis**

International Hellenic University, Greece – Dept. of Biomedical Sciences and Aristotle University of Thessaloniki, Greece – Dept. of Dentistry

Title: “Effects of *Achillea millefolium* on the physiology of red blood cells and platelets”

Advisor: Dr. Tsamesidis Ioannis

Skills: Plant extraction, Preparation and treatment of blood products, Hemocompatibility assay, Blood staining, Microscopy, Blood clotting time, Osmotic fragility test

Education

October 2021 – Today: **Bachelor’s degree in Biomedical Sciences**

International Hellenic University, Greece

Skills: Laboratory safety, Wet lab skills (Practiced in labs regarding Biochemistry and Clinical Chemistry, Hematology, Histology and Cytology, Microbiology, Immunology and Virology, Molecular Biology and Genetics, Biotechnology, Mycology and Parasitology), Blood transfusion and obtaining biological materials, Statistical analysis, Use of data bases, Presentations, Lab report writing

September 2018 – June 2021: **High school diploma with Honors**

1^o General Lyceum of Eleftherio-Kordelio, Greece

Achievements: Graduate with Honors (Grade: 19 8/10), Highest graded student in class (For the school years 2018-2019 to 2020-2021)

Technical skills

Hematology: Preparation of blood samples, Hemocompatibility assay, Osmotic fragility test, Preparation and observation of microscope slides, Blood coagulation time

Software: ECDL Office Essentials (Word, Excel, Internet, Mail), GraphPad Prism 10

Work experience

August 2022: **Summer Camp Counselor**

Kalivas Camp, Greece

Responsibilities: Organization and leadership of a team consisting of 12-14 people of different nationalities, Use of English as the main language of communication, Acting in cooperation and consultation with other team leaders and superiors

Languages

Greek: Native language

English: Proficient knowledge (C2 Level, ECPE Certification, 2016)

French: Intermediate knowledge (B2 Level, Institut français de Thessalonique, 2024)

Italian: Basic knowledge (A1 level, ongoing)

Certifications

Certificates of attendance of multiple conferences and workshops focusing on Biomedical Sciences

Other Skills

Flexibility and Adaptability, Multi-tasking, Written communication, Emphasis in detail, Fast problem-solving skills, Strategic thought-process