

IT Consultant IT Consultant IT Consultant San Diego, CA Engaged and passionate IT professional with 6+ years of web design and project management experience. Oversee and manage tasks and assignments for multiple projects, interfacing with clients and team members for project success. Adept at user experience design for web and mobile applications through design of wireframes, web layouts, logos, and web templates. Seeking to leverage management and leadership skills with web and application design expertise. Authorized to work in the US for any employer Work Experience IT Consultant KPMG - San Diego, CA May 2018 to Present Manage multiple projects and clients Interface with multiple clients on a daily basis to ensure project success Gather and apply business and technical requirements for deliverable criteria Ensure client deliverables feature detail and accuracy during technical and business requirements gathering Practice and apply project management principles Maintain positive client relationships through open collaboration and one-on-one communication Gather requirements through interviews and collaboration with clients and subject matter experts Provide IT/Systems Development expertise and knowledge for client deliverables Schedule client meetings for consulting Selected Accomplishments & Contributions Manage projects and multiple clients for team and company success, applying knowledge of project management and Information Systems throughout project lifecycle SharePoint Designer KPMG - Washington, DC October 2016 to April 2018 Manage multiple projects and clients Interface with multiple clients on a daily basis to ensure project success Gather and apply business and technical requirements for deliverable criteria Ensure client deliverables feature detail and accuracy during technical and business requirements gathering Practice and apply project management principles Maintain positive client relationships through open collaboration and one-on-one communication Gather requirements through interviews and collaboration with clients and subject matter experts Provide IT/Systems Development expertise and knowledge for client deliverables Schedule client meetings for consulting Selected Accomplishments & Contributions Manage projects and multiple clients for team and company success, applying knowledge of project management and Information Systems throughout project lifecycle Web Applications Developer Gunnison Consulting, Inc - Washington, DC February 2016 to October 2016

Onsite consultant for the International Association of Fire Fighters (IAFF)    Interfaced with multiple teams across Company, including offshore and client s business leaders, to ensure best quality product    Utilized Agile Methodology/Scrum to manage assignments for multiple projects

Managed projects through daily stand-up meeting and weekly sprints for project and task completion

Provided a full range of content support using a content management system to prepare, edit, review, and publish the web content for the IAFF s flagship website and mobile application

Collaborated with Communications and Media team to ensure the most accurate and precise information was available on the site    Selected Accomplishments & Contributions    Worked in

conjunction with the IAFF team for a successful coverage of the Association s Legislative Conference and biennial Convention in Las Vegas, NV Web Content Specialist CLINICAL CARE

OPTIONS, LLC - Reston, VA April 2013 to February 2016    Interfaced with multiple teams across Company, including offshore and C level, to ensure best quality product    Utilized Agile

Methodology/Scrum to manage assignments for multiple projects    Provided a full range of content support using Sitecore CMS to prepare, edit, review, and publish the web content for the company s

flagship websites.    Managed and supported SharePoint user experience for company s intranet.

Collaborated with business leaders to ensure the most accurate and precise information on website

Selected Accomplishments & Contributions    Independently learned HTML/CSS for use within Sitecore CMS, SharePoint 2013, and Expressions Web marketing tool Education Master of Science

in Information Systems THE GEORGE WASHINGTON UNIVERSITY, School of Business -

Washington, DC May 2018 Bachelor of Science in American Journal of Physiology JAMES MADISON UNIVERSITY, School of Integrated Science and Technology - Harrisonburg, VA May

2012 Skills CSS (5 years), HTML 5 (6 years), Bootstrap (1 year), JQuery (Less than 1 year), Javascript (Less than 1 year), Project Management (6 years), Agile (6 years), Consulting (3 years),

Sharepoint Designer (2 years), Web Design (6 years), Web Development (6 years), Website Design (6 years), Scrum (1 year), Content Management Systems (5 years), Sharepoint (4 years), Microsoft

Office (6 years), Sitecore (3 years), Trello (Less than 1 year), Python (Less than 1 year), SQL (Less than 1 year), Client Relations (3 years), Client Relationship Management (3 years), Scheduling (1

year), SDLC, Waterfall, Software Development, Information Technology Links

<https://jamesmatthewescano.wixsite.com/jmatthewescano>

<https://www.linkedin.com/in/j-matthew-escano-m-s-9b7b8a50/> Publications Concurrent aerobic

exercise interferes with the satellite cell response to acute resistance exercise.

<http://www.ncbi.nlm.nih.gov/pubmed/22492813> 2012-04 The addition of aerobic exercise (AE) to a

resistance exercise (RE) program (concurrent exercise, CE) can interfere with maximum muscle

fiber growth achieved with RE. Further, CE appears to markedly affect the growth of myosin heavy

chain (MHC) I, but not MHC IIa fibers. The mechanism responsible for this "interference" is unclear.

Satellite cell (SC) responsiveness to exercise appears to influence muscle adaptation but has not

yet been examined following acute concurrent exercise. Thus, we assessed the fiber-type-specific

SC response to RE, AE, and CE exercise. Eight college-aged males completed the following two

exercise trials: the RE trial, which consisted of unilateral leg extensions and presses (4 sets × 10

repetitions: 75% 1 repetition maximum, RM); and the AE/CE trial, which included an identical RE

protocol with the opposite leg, immediately followed by subjects cycling for 90 min (60% W(max)).

Muscle biopsies were obtained from the vastus lateralis before and 4 days after each session.

Samples were cross-sectioned, stained with antibodies against NCAM, Ki-67, and MHC I,

counterstained with DAPI, and analyzed for SC density (SC per fiber), SC activation, and fiber type.

SC density increased to a greater extent following RE (38 ± 10%), compared with CE (-6 ± 8%).

Similarly, MHC I muscle fiber SC density displayed a greater increase following RE (46 ± 14%),

compared with AE (-7 ± 17%) and CE (-8 ± 8%). Our data indicate that the SC response to RE is

blunted when immediately followed by AE, at least in MHC I muscle fibers, and possibly MHC II

fibers. This suggests that the physiological environment evoked by AE might attenuate the eventual

addition of myonuclei important for maximum muscle fiber growth and consequent force-producing

capacity.

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