



# ALANNAH M SANCHEZ

amsanchez@knox.edu | 505-929-7776 | 611 S McCurdy Rd, Espanola, NM 87532

---

## Summary

Visionary with a broad-based background improving performance, productivity, efficiency, and profitability of organizational operations. Recognized as a decisive leader and excellent team player able to affect change.

---

## Skills

- Proficient in MS Word, Excel, PowerPoint, and Adobe PDF
- Experience with Geographic Information Systems (GIS)
- Confident Public speaker
- Strong analytical skills
- CPR/AED Certification
- Work well with employees/clients at all levels
- Occupational Health System - Cority
- Crisis mitigation
- Cultural awareness and sensitivity
- Critical thinking and adaptability
- Identifying environmental concerns
- High emotional intelligence

---

## Experience

### Post-Bachelor Student Intern

06/2018 - Current

Los Alamos National Laboratory (LANL), OSH-OH | Los Alamos, NM

- Student Intern for Occupational Health and Safety Group (OSH) working with Employee Assistance Program (EAP) and Human Reliability Program (HRP)
- Plan and execute annual Mental Health and Well Being Expos (2018 & 2019)
- Triage EAP patients and mitigate crises
- Present at new hire orientations on EAP services
- Liaison between management and employees by handling questions, interpreting and administering contracts and helping resolve work-related problems
- Mentor and supervise other students within OSH-OH organization
- Train other employees in the transitional period from paper records to electronic medical records
- Aid with case management of HRP

### Undergraduate Student Intern

06/2014 - 12/2017

Los Alamos National Laboratory (LANL), EPC-CP | Los Alamos, NM

- Student Intern during summer and winter breaks for Environment Protection Compliance (EPC-CP)
- Performed water quality analysis testing and verification at various facilities to ensure compliance with Environmental Protection Agency Clean Water Act
- Responded with mentors to spills of multiple types throughout LANL property to ensure spill cleanup occurred within compliance standards
- Created Excel spreadsheets to record and track spill data
- Developed monthly metrics regarding spills throughout LANL
- Reviewed and compiled Safety Data sheets for materials used by EPC
- Edited and enhanced on-demand Geographical Information System (GIS) data to locate and track tank/transformers throughout LANL for inspection and compliance purposes

## Lead America Student

06/2012 - 07/2012

Lead America - Johns Hopkins University | Baltimore, MD

- Received hands-on experience at the University of Maryland's Trauma Center and implemented educational methods similar to those employed in graduate medical institutions
- Worked actively with other students on group research projects and presentations

---

## Education and Training

### **Bachelor of Arts:** Neuroscience

2018

Knox College | Galesburg, IL

- Double Minor in Diversity Studies and Psychology
- Universitat de Barcelona, International Studies Spring Term 2017
- Dean's List Honoree Spring term 2018, Spring term 2016
- Senior Research: Cognitive Effects of NSI-189 on Juvenile Rats 2018
- Richter Grant Recipient 2018
- Knox Moves Dance Showcase 2018
- Blessings in a Backpack 2017-2018
- Reading Buddies 2017
- Knox College Softball Team 2015-2016
- Filipino Club 2016-2017

---

## Relevant Coursework

- Cell Biology and Physiology
- Molecular Biology and Genetics
- Human Anatomy and Physiology
- Evolution Ecology and Biodiversity
- General Chemistry
- Organic Chemistry I
- Neuroscience I and II
- Pleasures of the Brain
- Methods of Neuroscience
- Research in Neuroscience
- Seminar Series in Chemistry
- Introductory to Statistics
- Introduction to Research