

# Selba Tamrakar

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## Education

### **Western Oregon University**

- Monmouth, OR

Bachelor of Science in Community Health Education  
Major in Community Health Education  
Concentration in Public Health

**June 2020**

## Strengths

- Fluent Bilingual- Spoken English and Nepali
- Able to function independently and as a team member
- Easily adapt to different work environments
- Efficient in fast-paced work environments
- Experience in communicating with diverse age-groups

## Experience

### **Interned at Center for Hope and Safety**

**January 2020 – March 2020**

- Salem, OR

- Trained to be an Advocate
- Provide accurate information on domestic violence, sexual assault, stalking, and human trafficking.
- Provide direct contact and/or telephone crisis intervention to victim/survivors of domestic and or sexual assault
- Answering calls in a 24-hour crisis line.

### **National Phlebotomy Certification (CPT)**

**August 2019**

### **State Of Oregon Phlebotomy Certification Phlebotomy Training Specialist**

**August 2019**

### **Unique Threading Salon**

**June 2017- Present**

- Aloha, OR

- Beautician/ Facial Hair threading specialist
- Facial hair removal and beauty services to men and women all ages
- Ensure fast and quality service
- Ensure customer service and satisfaction

### **Inclusion Assistant, Portland parks and Recreation**

**June 2016 - December 2016**

- Portland, OR

- Collaborated with team members to ensure the safety of students
- Provided a safe environment for children to play and learn
- Ensure that every child is included in activities

## Volunteering

### **Special Olympics Oregon**

**March 2014- May 2014**

- Portland, OR

- Helped provide Olympic sports training for youth with intellectual disabilities

### **Freshmen Stampede**

**September 2013- June 2014**

- Portland, OR

- Helped with accommodation of incoming freshmen in high school.
- Helped in navigating resources to ensure they stay on track.
- Conducted weekly meetings to measure progress and address issues along the way.