

Isabella Forthaus

316 Papin Avenue, Webster Groves, Missouri 63119
Isabellaforthaus@gmail.com | 314.421.9640

Education

University of Missouri | Columbia, Missouri
Bachelor of Health Science in Health Science
Emphasis: Leadership and Policy, Minor in Business
Certificate in Information Systems and Technology

Anticipated Graduation: December 2025
Dean's List: 2022, 2023, 2024, 2025
Cumulative GPA: 4.0

Work Experience

Garden View Care Center | Valley Park, Missouri
Intern

May 2025- present

- Assisted with administrative tasks including filing, scheduling care plans, and managing medical records
- Provided one-on-one psychosocial support visits to residents and participated in interdisciplinary team care plan meetings
- Supported coordination of resident activities to enhance engagement and wellbeing
- Learned about state and federal healthcare regulations and assisted with ensuring facility compliance
- Shadowed and participated in hiring, onboarding, and training processes for staff
- Assisted with collecting and analyzing quality assurance data to support development of performance improvement plans

Andy's Frozen Custard | Crestwood, Missouri
Manager

May 2025 – present

- Lead teams during peak hours, ensuring smooth operations and outstanding customer service
- Manage labor costs and optimize shift schedules for operational efficiency
- Train and onboard new team members according to company standards
- Resolve customer concerns promptly and professionally
- Maintain financial accuracy by balancing the cash drawers and preparing bank deposits
- Complete daily paperwork to reconcile sales, labor, and inventory metrics
- Motivate team members and foster a positive, team-focused work environment
- Ensure compliance with company standards during all shifts, contributing to strong quarterly audit scores

Associate

May 2023 – May 2025

- Provided exceptional customer service in a fast-paced, high-volume setting
- Managed the drive-thru and handled currency and credit transactions quickly and accurately
- Maintained food safety standards in preparation, assembly, and presentation

Holy Redeemer School | Webster Groves, Missouri
After Care Assistant Supervisor

August 2021 – August 2022

- Supervised up to 35 children, ensuring a safe, engaging environment
- Facilitated check-out with parents, addressing concerns and discussing behavioral progress
- Assisted with homework, provided snacks, and organized interactive playtime

Volunteer Experience

Columbia Senior Activity Center | Columbia, Missouri
Volunteer

October 2023 – present

- Prepare and serve meals twice a week, creating a welcoming dining experience
- Share meals with visitors who need extra assistance and companionship

Alzheimer's Association | Columbia, Missouri
Fundraising Volunteer

January 2023 – present

- Raise \$300 each semester to support Alzheimer's research and awareness initiatives
- Volunteer at fundraising events, including the Columbia Walk to End Alzheimer's

Delmar Gardens | St. Louis, Missouri
Patient Volunteer

August 2018 – May 2022

- Assisted occupational therapists with patient care, mobility, and daily activities
- Led interactive activities like bingo to promote socialization among residents
- Provided company to residents with no visitors, creating meaningful connections

Leadership Experience

Sigma Kappa Sorority | Columbia, Missouri

Vice President of Academic Excellence

January 2024 – December 2024

- Oversaw academic performance and support programs for 300 chapter members
- Communicated academic information and scholarships with the chapter to promote success
- Developed and implemented personalized academic improvement plans
- Established SMART goals to enhance recruitment and retention efforts

Student Organizations

Sigma Eta Rho | Columbia, Missouri

Member

January 2025 – present

- Engage in the social, philanthropic, and academic ventures of Sigma Eta Rho Health Science Fraternity
- Volunteer with Robert G. Combs Preschool to aid adolescent speech development

Future Health Leaders | Columbia, Missouri

Founding Member, Social Media Manager

January 2025 – present

- Collaborate with other founding members to organize networking, shadowing, and fundraising events