

JESSICA YU

PROFILE

I am a dedicated educator, nutritionist, and coach. I am interested in building a career in communications that leverages my nutritional experience, leadership and business skills. Currently, completing a gap year to teach secondary students in Quebec and become fluently bilingual. Visit my public speaking club at townandgowntoastmasters.com. Visit my personal website at <https://jessicayu.netlify.app>

EDUCATION

Master of Science, Human Health and Nutritional Sciences – Overall GPA: 90.0

Aug 2021

University of Guelph Guelph, ON, Canada

- **Courses:** Studied Public Health and Nutrition (University of Copenhagen) and Functional Foods and Nutraceuticals
- **Thesis: Snack and Beverage Sources of Free Sugar in Canadian Preschool-aged**
 - Determined the sources of sugar in young children's diets by leveraging a research group of 300 families (Guelph Family Health Study). Paper to be published. – PI: Dr. David W.L. Ma
 - **1st Place** MSc 2021 Thesis Contest
 - Planned and executed data collection and analysis
 - Lead projects to produce infographics, posters, presentations, and manuscripts
 - Competent in dietary analysis (ESHA and ASA24) and statistical software (Microsoft Suite and SAS)
- **Teaching Assistant, University of Guelph, Guelph, ON** **Fall 2019 & Winter 2020**
 - Led human biology disease seminars for 180 students, graded assignments, and held office hours
 - Known for maturity, enthusiasm, and teaching techniques

Honours B.Sc Nutritional and Nutraceutical Sciences (NANS) – Overall GPA: 91.2

Sept 2015 - May 2019

University of Guelph Guelph, ON, Canada

- Awarded for being a leader, active in the community, and having a high cumulative average (Uffelman Family Connor Scholarship)
- Awarded for academic achievement (Hugh Branion Memorial Scholarship)
- Awarded for excellence in Biochemistry and Nutrition (Isabella Anderson Conway Scholarship)
- Entrance scholarship and Dean's Honour List

PRESENTATIONS AND PUBLICATIONS

Experienced presenter:

- Dietary Sugar Intake among Preschool-aged Children: Cross-sectional Study Design. Canadian Medical Association Journal Open, 2021
- Sugar intake from snacks among Canadian preschool-aged children. Presented in poster format at the Canadian Nutrition Society Thematic Conference 2021
- Relationship between added sugar intake and anthropometric measures among preschool-aged children. Canadian Nutrition Society Conference 2019. Abstract published in Journal of Applied Physiology, Nutrition, and Metabolism. (Poster Presentation, Canadian Nutrition Society 2019)
- Diet quality of Canadian preschool children and associations with socio-demographic characteristics. (Coauthor Journal of the International Society of Behavioral Nutrition and Physical Activity 2020)

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LEADERSHIP AND WORK EXPERIENCE

Supply Teacher & Language Assistant, Centre de services scolaire des sommets, QC **Sept 2021 – Present**

- Manages classroom behaviour, interprets lessons plans, communicates lesson outcome to regular teacher
- Develops and leads English language activities for 250 secondary students from 12-18 years of age

Event Planner and Marketing Executive, Peer Conference, McLaughlin Library **Sept 2018 – 2019**

- Directed community outreach and developed a marketing plan
- Proven organizational skills through planning and leading team-building workshops for ~ 70 colleagues

Patient Educator, Canadian Centre for Refugee and Immigrant Health, Scarborough, ON **Summer 2016**

- Researched, designed, and produced informational pamphlets communicating diabetes and mental health resources (in-person and online) available to uninsured individuals in Toronto

Prep chef, Barista/Bartender and Food Distributor, Copenhagen, Denmark **Jan 2018 – June 2018**

- Served global clientele at café and bar while practicing Danish (STUDENTERHuset)
- Prepared nutritious vegan, buffet style meals (\$4 CAD or PWYC) in a low-income neighbourhood (Kafa X)
- Redistributed surplus food to the public in a farmers market format (Food Sharing Copenhagen)

SKILLS AND INTERESTS

President & Past VP-Public Relations Guelph Toastmasters, Guelph, ON **Jan 2020 – Present**

- Directs club growth, chairs regular executive meetings and directs interclub initiatives
- Developed club website, added land acknowledgment role to regular agenda
- Developed communication material using Canva, Microsoft and Adobe suite

Coach and Tutor, Guelph, ON **Sep 2016 - Present**

- Coaches mentees towards attainment of their personal and professional goals (CoBUMP, Toastmasters)
- Tailored biochemistry lessons and study plans to student needs with a focus on study strategies and development of self-efficacy; and student retention of 100% (Private Tutoring)
- Advised students on learning strategies for enhancing academic success and developed and lead workshops on topics related to academic success, presentation skills, and mental health (University of Guelph)
- Managed tables of 1-3 students (5-18 years) with excellent student satisfaction (Sylvan Learning)

Yoga and Meditation Instructor, Wellness at Work, Guelph, ON

- Completed 10-Day Silent Meditation Course (Vipassana) | SafeTalk: Suicide Alertness Training, More Feet on the Ground Mental Health Certificate

References: *Available upon request*