

JESSICA YU

E: jessicayu97@gmail.com | W: <https://jessicayu.netlify.app>

PROFILE

I am a dedicated teacher and nutritionist passionate about how sustainable practices can reduce waste and expenses while improving services and quality of life. No brand-new clothing (except undergarments) since 2016. I am interested in building a career that leverages my communication, leadership and presentation skills. Currently, teaching secondary students in Quebec and working to become fluently bilingual. Visit my public speaking club at <https://townandgowntoastmasters.com>

EDUCATION

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

Aug 2021

University of Guelph Guelph, ON, Canada

- Studied Public Health, Nutrition, 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) – PI: Dr. David W.L. Ma
 - **1st Place** MSc 2021 Thesis Contest
 - Planned and executed data collection and analysis
 - Led projects to produce infographics, posters, presentations, and manuscripts
 - Competent in dietary analysis (ESHA, ASA24) and statistical software (Microsoft Suite, 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 – Overall GPA: 91.2

Sept 2015 - May 2019

University of Guelph Guelph, ON, Canada

- Studies included social psychology, English, launch of new products, branding, and marketing, epidemiology, and advanced statistics
- 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
- 4 years continuing entrance scholarship and Dean's Honour List for every year of study

PRESENTATIONS AND PUBLICATIONS

Experienced multimedia 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. Presented in poster format.
- 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

JESSICA YU

E: jessicayu97@gmail.com | W: <https://jessicayu.netlify.app>

LEADERSHIP AND WORK EXPERIENCE

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

- Employee review commended organized activities that add a rich cultural perspective, punctuality, and ability to quickly make connections with students and colleagues
- Developed and lead over 100 activities for 250 secondary students from 12 to 18 years of age
- Manages classroom behaviour, interprets lessons plans, communicates lesson outcome to regular teacher

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 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 (Studerterhuset)
- Prepared nutritious vegan, buffet style meals 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 <https://townandgowntoastmasters.com>, added land acknowledgment role to regular agenda
- Developed communication material using Canva, Microsoft and Adobe suite
- Won 2022 Division T table topics contest. Progressing to District Contest, which encompasses Southwestern and Central Ontario

Coach and Tutor, Guelph, ON Sep 2016 - Present

- Coaches mentees towards attainment of their personal and professional goals at the University of Guelph and Toastmasters
- Tailored biochemistry lessons and study plans to private tutoring students with a focus on study strategies and development of self-efficacy
- Advised University of Guelph students on learning strategies and developed and lead workshops on topics related to academic success, presentation skills, and mental health
- Managed groups of 5 to 18 year old students with excellent student satisfaction at Sylvan Learning

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

- Completed 10-Day Silent Meditation Course – Vipassana & Mindful Self Compassion Course | SafeTalk: Suicide Alertness Training, More Feet on the Ground Mental Health Certificate | Mindfulness Based Stress Reduction Course (In Progress)