

Joshua Venegas

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PROFILE

- Intercultural fluency in English and Spanish
- Experience with a diversity of people and cultures, including missions trip outreaches to Nicaragua and the Dominican Republic
- Resourceful student and employee who uses time and resources efficiently and wisely
- Trustworthy to follow through with responsibilities and commitments

EDUCATION & CERTIFICATIONS

Premed, BS

Bob Jones University; Greenville, SC

Graduates May 2023

Current GPA: 4.0

Specific Classes:

English 102: Composition and Rhetoric- Employed critical thinking skills and developed effective written articulation through research. Developed argumentation, persuasion, and style in writing.

Fine Arts 125: Christianity and the Arts – Learned to value and respect diverse forms of culture and art in order to interact respectfully with all people

Bio 100-101: General Biology - Critically and logically evaluated the interrelationships between basic life processes. Interpreted and critiqued experimental data and experimental designs, formulating testable hypotheses.

Ph 200: Themes in Western Thought – Evaluated various philosophical views to analyze categories of thought. Developed the ability to critique internal consistency in lasting ideas of Western culture.

Ma 180: Applied Calculus – Developed an understanding of the use and applications of calculus. Matured in the use of practical problems with derivatives and integrals for informed decision making.

Com 101: Fundamentals of Speech – Honed the basic skills of public speaking including delivery and audience analysis. Special emphasis on platform techniques in persuasive and informative speaking.

Bio 305: Essential Cell Biology – Investigated the molecular basis of cellular structure and function with emphasis on the interdependence of major molecular processes. Laboratory experiments explore molecular phenomena with an emphasis on prokaryotic and eukaryotic DNA.

Bio 322: General Microbiology – Emphasized the form and physiology of bacteria and viruses. Studied their diversity, environmental importance, and interaction with humans and antibiotics. Laboratory work (Bio 399) focused on culturing, identifying, and analyzing the metabolism and physiology of bacteria.

120+ HOURS of clinical shadowing at Lexington Main Hospital (Partners Program)

- Selected as one of 60 participants from a group of 350 applicants
- Awarded Partners Program Scholarship for exceptional involvement
- Shadowed alongside registered nurses and therapists performing basic patient care including assessment and intervention
- Assisted with procedures including bronchoscopies, FEES, and taking blood pressures
- Participated in multiple informatory sessions and visits to medical facilities

2020 - Certified Crisis Counselor

2021 - Certified in QPR Suicide Prevention

2022 - Certified Professional Rescuer - Lifeguarding

2022 - Certified BLS Provider (CPR + First Aid)

JOB EXPERIENCE

- Assistant Crew Chief:** BJU Biology Lab Assistants August 2020-Present
- Managed a team of lab assistants while answering to professors and employers
 - Served students by prepping and breaking down labs and offering guidance
 - Assigned responsibilities to maximize each team member's talents
- Sole Proprietor:** Venegas Yard Care May 2017-Present
- Provides professional-grade lawn care for multiple steady clients
 - Maneuvered the nuances of owning a personal business
- Yearbook Writer:** BJU Vintage Copy Team 2020-21 and 2021-22 School Years
- Collaborated with a team to write and design yearbooks
 - Developed and refined professional writing skills
- Laboratory Technician:** Zeien Enterprises Summer 2020
- Operated smelting machinery & instruments in a metallurgy lab
 - Assisted in the design and execution of hypothesis-based experiments
 - Developed skills in laboratory titrations and leaching techniques
 - Worked to maximize the extraction yield of multiple precious metals from ore
- Personal Physical Trainer:** August 2018–August 2019
- Worked with a 13-yr-old boy w/ Autism
 - Designed custom workouts with varying levels of difficulty

VOLUNTEER EXPERIENCE

- Crisis Counselor:** Crisis Text Line April 2020–Present
- 400+ hours of counseling after 6 weeks of intensive training
 - Supported texters through suicidal moments, eating disorders, relationship crises, etc.
 - Incorporated feedback on counseling from a coach and supervisor
- Surgical Lobby Customer Service:** Lexington Medical Center Summers 2018-2019
- Greeted and served surgery patients in a friendly and professional manner
 - Resolved customer complaints and answered questions
 - Guided and directed patients through the first stages of the pre-op
- Blood Donor Ambassador:** American Red Cross August 2018–August 2020
- Welcomed and registered blood donors in a friendly and professional manner
 - Assisted donors throughout the blood-giving process
- Bible Club Coordinator:** The Logos Bible Church August 2021-Present
- Organized games and outdoor activities for a group of 6 to 12-year-olds
 - Resolved conflicts, encouraged growth, and promoted positive behavior

AWARDS

2019 Partners Program Scholarship
2018 Presidential Volunteer Service Award (Bronze)
2019-2023 BJU Fellows Scholarship
BJU President's List (Fall 2019, Spring + Fall 2020, Spring + Fall 2021, Spring 2022)

LEADERSHIP OPPORTUNITIES

PMA President: The BJU Pre-Medical Association May 2022-Present

- Will serve peers by coordinating events and trips throughout the 2022-23 academic year
- Will collaborate with an officer crew of 6 other members to plan unique activities
- Will remain available as a 24/7 support resource for each PMA member

Discipleship Group Leader: BJU Student Development August 2021-Present

- Mentored 9-10 underclassmen in the residence halls each semester
- Facilitated spiritual and character-building discussions during biweekly meetings
- Assisted in resolving room conflicts and restoring relationships between students
- Invested in their lives individually during one-on-one meals and outings throughout the year

BJU MedEx Ambassador: MedEx Academy August 2021-Present

- Promoted and recruited for MedEx's summer program on campus throughout the year
- Assisted students with the application process via numerous one-on-one meetings
- Screened and interviewed applicants for the program with a team of ambassadors

BJU Campus Ambassador: Pixorize MCAT February 2022-Present

- Collaborated with physicians to promote custom MCAT study materials on campus
- Provided discounts & helped build mnemonics for MCAT review videos

CLINICAL EXPERIENCE

Student Medical Internship: Prisma Health Upstate Spring 2022

- 40 HOURS of clinical shadowing in multiple medical environments + specialties
- Observed thoracic and vascular surgeries performed by Dr. Bolden and Dr. York, respectively
- Assisted ER physicians and residents in multiple trauma centers across the upstate
- Participated in Radiology, Anesthesiology, and Internal medicine rounds at Prisma locations
- Witnessed a pediatric neurosurgery performed by Dr. Earl Troup in Greenville

Shadowing Dr. Javier E. Carles, MD: Chapin Family Practice Summer 2021 + Spring 2022

- 35 HOURS of clinical shadowing and patient interaction
- Interacted with a wide variety of patients during checkups and short procedures
- Developed insight about the qualities required for a strong physician-patient relationship
- Solidified an understanding of a family practitioner's responsibilities

Medex Academy Tiers III & IV: School of Medicine Greenville Summer 2021

A full time, six- or seven-week program filled with clinical learning experiences, graduate exam preparation, and professional development while collaborating with peers to deliver presentations

- 50 HOURS of compassionate care & patient interaction at a geriatric health center
- Mentored high school seniors beginning the college application process
- Cultivated relationships with current medical students by collaborating on presentations
- Honed communication skills during standardized patient interactions
- Strengthened test taking skills through Kaplan's live MCAT tutoring program
- Transformed social awareness of public health, mental health, and medical ethics
- Developed cultural competence by engaging with individuals from diverse backgrounds