

JULIA QUAST

SUMMARY

Pre-medical student with a strong foundation in biological sciences, clinical experience, and research. Demonstrated commitment to patient care through hands-on involvement in hospital settings, community health initiatives, and laboratory research. Proven leadership in academic and extracurricular settings, with excellent communication and teamwork skills. Passionate about advancing health equity and pursuing a career in medicine to make a meaningful impact on individual and public health.

EDUCATION

UNIVERSITY OF CALIFORNIA, SAN DIEGO

BS, Human Biology

Expected June 2026

- GPA 3.7
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EXPERIENCE

EVOLVE EVENT MEDICAL SERVICES

June/2024-Present

Emergency Medical Technician

- Responds to emergency calls and provides rapid assessment, stabilization, and pre-hospital care to patients on-scene
- Works alongside on-site leadership and security teams to ensure patient care and safety
- Trains and mentors new EMTs as a Field Training Officer (FTO)
- Has accrued 250 patient care hours

WEST COAST EMT, California

January/2024-Present

EMT Skills Instructor

- Trains up to 55 students at once in 10 NREMT skills and leads field-based scenarios for real-life skill application
- Leads other instructors through curriculums and facilitates effective instruction across instructors
- Proctors NREMT Psychomotor Examination and evaluates competency of future EMTs
- Total of 356 teaching hours

UNIVERSITY OF CALIFORNIA, SAN DIEGO, California

August/2024-Present

Resident Assistant

- Enforces university policies and community standards to ensure safety and respect within the dormitory
- Mediates resident conflicts and utilizes conflict resolution strategies, involving professional staff when necessary
- Organizes and hosts educational and social programs for transfer and upper-division students
- Collaborates with supervisors, fellow RAs, and campus departments to address student needs

RADY CHILDREN'S HOSPITAL, California

November/2024-Present

Emergency Room Physician Shadow of Dr. Alayari

- Observes pediatric emergency care in a fast-paced clinical setting, gaining exposure to acute medical and trauma cases
- Shadows during patient evaluations, diagnostics, treatment planning, and interdisciplinary teamwork in emergencies
- Gains insight into pediatric patient communication, family-centered care, and clinical decision-making under pressure
- Completed 70 hours of shadowing

EMS AT UC SAN DIEGO

Head of Training

April/2025-Present

- Develops hands-on training sessions and workshops for members to teach bystander CPR in both on- and off-campus communities
- Manages connections with organizations and clubs, such as American Red Cross and Compress and Shock
- Plans and teaches training events for Stop the Bleed, Mass Casual Incident scenarios, Trauma assessments, and more for club members

Social and Internal Affairs Chair

April/2024-April 2025

- Coordinates board meetings and social events, increasing the number of paid members from 15 to 65 in three months
 - Networks with providers and professionals to gain resources and contacts for club members
 - Teaches both bystander and healthcare provider (BLS) CPR
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CERTIFICATIONS

- Emergency Medical Technician, CA
- American Heart Association BLS/CPR
- American Heart Association BLS Instructor