

Samuel Cornell, BSc (Hons), MSc (Res)

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Profile

A highly motivated, enthusiastic and fervently autonomous individual with a track record of success. Well-honed communication skills developed in varied circumstances including the military, health service and academia. A love for writing and public engagement of science, with exceptional organisational and logistical skills.

Education

October 2017 to August 2019

Master of Science by Research

University of South Wales, UK

Thesis title: Prescribing behaviour changes for cardiovascular health.

This MRes program was a fully funded scholarship via a Welsh Government and European Union innovative scheme, bringing together industry and academia to complete novel projects. I undertook myriad roles and had many responsibilities including:

- The development of rigorous mixed methods studies, quantitative and qualitative and survey development.
- I developed a novel behaviour change material with input from a graphic designer.
- Communication and liaison with clinicians in senior positions and also patients and the public.
- Statistical analysis of data to inform recommendations for the development of a novel tool, the Lifestyle Prescription.
- Worked within the health improvement division of Public Health Wales, UK, reporting directly to a Consultant in Public Health.

September 2014 to June 2017

Bachelor of Science (BSc Hons) 2:1, Physiological Science

University of Bristol, UK

- Deep understanding of human biology developed through rigorous academic units as well as varied laboratory sessions, especially neurophysiology and cardiovascular physiology.
 - Biomedical statistical experience.
 - Experience in biomedical and biochemical assays including western blot and other immunohistochemical procedures as well as utilising clinical apparatus.
 - Human anatomy knowledge developed to a clinical level through many hours of teaching in the dissection room.
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Employment

December 2019 - Present

University of Sydney

Research Officer

- Trial coordinator for a multi-state implementation study involving the evaluating of a new Absolute Cardiovascular disease risk assessment tool.
- Contributing to journal articles with the Health Literacy Lab research team.

January 2019 - July 2019

University of Sydney

Research Assistant

- Research Assistant on the Health4Life study at the Matilda Centre.
- Role entailed engaging with schools across Sydney and New South Wales to implement a new eHealth behaviour change tool.

October 2017- September 2018

Public Health Wales

Research Officer

- Worked within the health improvement division of Public Health Wales to undertake my Master of Research therefore gaining valuable experience in the development of health promotion programmes.
- Worked alongside the behaviour change unit to develop my research tools and improve a material tool created to reduce health harming behaviour in a population with low socioeconomic status.
- Attended and presented at academic conferences including the Public Health Wales Research and Development Conference and the National Association of Public Health Australia Annual Conference in Cairns (Sep 2018).

January 2018 to September 2018

First Tutors

Private Tutor

- Tutoring GCSE & A level Biology and Chemistry and University level Sports science/physiology/anatomy modules.
- Developed a portfolio of tutees via engaging closely with the community and making great connections with parents.

2016–2017

University of Bristol

Senior Resident in University of Bristol Hiatt Baker Hall

- As a Senior Resident I had pastoral care of three 'houses' of students. Students would come to me if they had any problems in the hall or even during the course of their studies. I would refer students to services including the University counselling service and report details of their issues to the Hall Warden.
- I was 'on duty' on a roster which involved being on call during the night if any problem arose in the hall.

2014–2017

University of Bristol

Student Ambassador of the University

- Engaging the public to present the institution in a favourable manner.
- Communication with parents, teachers and prospective students to answer queries and resolve issues.
- Developed my public engagement of science ability by honing my communication abilities with

varied audiences including those not familiar with scientific principles.

2014–2017

University of Bristol Students' Union

Sports Activator

- Encouraging, motivational and empathetic to the needs of the students that I engaged with, to promote their improved wellbeing through sport and exercise.
- Increased participation in sports activities by 50% amongst mature and international students (the groups we were primarily focussed on targeting)

2015–2017 (During summer period)

University of Bristol

A level confirmation day call centre attendant

- In this role I responded to calls from students who wished to come to study at the University but who may have missed the required grades for their course.
- I took calls from distressed parents, students and teachers.
- I was empathetic to the situation which these students were in and responded accordingly.

2014–2017

University of Bristol Sports Department

Sports Leader

- I attained the level 2 sports leadership award which I obtained by participating in a semester long program. This involved developing my leadership skills and working with children. By excelling on this course, I was chosen by the Sport Development Officer to organise and hold a primary school sports day. I developed the event from the ground up and liaised with firms to come and work at the event.
- I also liaised with 5 local primary schools who each came to the sports day with a class of 30 children. It was a large event and was very successful.

2014–2017

University of Bristol Widening Participation and Recruitment division

Summer school mentor and lead mentor

- Responsible for the welfare of a large cohort of school aged children whilst they participated in University of Bristol led summer schools.
- As lead mentor I was also responsible for 10 mentors who reported directly to me. In this role I took on logistical tasks and reported directly to the manager of the University summer schools.

2012–2014

Royal Navy

Mine Clearance Diver

- Operating watercraft including RIBs, utilising technical pieces of equipment such as re-breather dive sets (clearance diver life support equipment) and decompression chambers.
 - Teamwork, cooperation and communication, leadership skills developed to high standard.
 - Certificate of excellence awarded in phase 1 training for outstanding conduct out of 40 recruits.
 - I attained certificates in first aid, diving first aid, explosive ordnance disposal, military diving and seamanship. I was put on leadership courses which I excelled at.
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Academic Publications

Clinician perception of a novel cardiovascular lifestyle prescription form in the primary and secondary care setting in Wales, UK: Published in the Health Promotion Journal of Australia, 2019.

Certifications, Awards and Scholarships

- Military scholarship for the funding of my undergraduate degree 2014 - 2017
 - KESS 2 (Knowledge Economy Skills Scholarship (<http://kess2.ac.uk/>) award via the European Union for the full funding and living allowance to undertake my Master of Research degree 2017 - 2019
 - University of Bristol Plus Award (a career development award) 2016
 - Certificate of Merit Physiological Science Undergraduate Award (for excellence in 2nd year undergraduate degree) 2016
 - Level 2 Sports leadership Award 2016
 - CrossFit Level 1 Trainer 2016 - present
 - PADI Advanced Diver 2011 - present
 - Recruit school recognition of achievement (Royal Navy) 2012
 - Naval Diver certification 2013
 - Provide First Aid certification (HLTAID001, HLTAID 002, HLTAID003) 2019
 - Provide Advanced Resuscitation (HLTAID007) 2019
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Personal interests

I am an avid adventurer, outdoorsman and fitness enthusiast with a great love for wild spaces. I enjoy running, cycling and swimming amongst most other fitness pursuits. Exploring the Galápagos Islands, trail running in the Atlas Mountains of Morocco and working on a lavender farm in Canada are a few interesting things I have done. In 2019, I completed my first 100-kilometre Ultramarathon in the Blue Mountains of Australia.

References

Professor Mark Williams (Master of Science by Research Supervisor)
mark.williams@southwales.ac.uk

Dr Lauren Goodhead (Undergraduate academic tutor and final year research project supervisor)
lauren.goodhead@Bristol.ac.uk

Dr Phil Langton (Program director in 3rd year Physiological Science degree)
Phil.langton@Bristol.ac.uk