

Ryan Schmidt

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Education:

Alberta Highschool Diploma with Honours

Jasper Place Composite Highschool, Edmonton, Alberta. Graduated with honours in 2022.

Excelled in full AP classes and Pre-AP classes throughout grade 7 to 12.

Bachelor of Science in Nutrition & Food Science, with a minor in Food Safety and Quality

University of Alberta, Edmonton Alberta. Expected Graduation in 2028

I have 7 years of kitchen experience learning from the University of Alberta and high school.

Certifications:

- Lab and Chemical Safety Certificate – University of Alberta
- WHMIS Certificate – University of Alberta
- Food Handler Certificate – Food Safety Training.ca

Previous Work:

Taekwondo Instructor – Taegeuk Taekwondo Canada

(September 2019 to June 2022)

- Instructed group classes of up to 20 students simultaneously to students ages 3 to 50.
- Developed speed, strength, discipline, and confidence in a fun, supportive, and high energy environment.
- Ensured effective instruction and positive engagement.
- Held a leadership position for 18 months overseeing class operations and providing guidance to students.
- Evaluated student's progress and preparation for testing.

Sales Associate – Icons and Heroes

(March 2024 to July 2024)

- Engaged positively with customers to drive sales of sports memorabilia, trading cards, collectibles, and posters.
- Managed and operated a kiosk selling 3D posters.
- Ensured inventory was maintained, organized, and visually appealing to attract customers.
- Responsibly handled cash and credit transactions.
- Maintained accurate records of cash, sales, and inventory.

Volunteer Work:

Developed my leadership skills as a volunteer taekwondo instructor.

Trained many students at different skill levels and lead various classes.

Offered a paid position following one year of exemplary volunteer work.

Provided services to my local community as a Leadership Ambassador in my school:

- Organized and ran Halloween parties for children in the community.
- Collected food and money for Edmonton's Food Bank.
- Raised money for mental health support with the Hockey Helps Kids program and the Edmonton Oilers.
- Raised money for drinking water in Nicaragua.
- Raised money for sports equipment in Sudan.
- Recycled bottles and cleaned trash from fields.
- Helped with setting up and running the University Hospital Foundation's Festival of Trees.

Personal Achievements:

Achieved my 1st Degree and 2nd Degree Black Belt after 9 years of consistent taekwondo training.

Won 8 consecutive math contests as the best in the school.

Won the chess tournament as the best in the school.

Trained over a year for Bloomsday, a 12 km road race in Washington where I finished in the top 5% in a race of over 35000 participants.

Qualified for Edmonton City Finals 7 times in track and field events.

Personal Interests:

I'm an absolute foodie. I love cooking and eating food, I look for creative recipes and I travel for unique restaurants. From wanting to be a chef as a kid to now studying nutrition and food science through the University of Alberta, I've always loved everything about food.

I'm an athlete and I love sports. I've done taekwondo, track and field, cross country running, soccer, and hockey for most of my life. I also enjoy watching the Oilers and Team Canada in all sport events.