

Nikolas Prongos

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EDUCATION

Stanford University

Bachelor of Science | Mechanical Engineering

2025-2026

University of California, Los Angeles

2022-2024

Marin Catholic High School - Kentfield, California

2022

Lietuviai Namai High School - Vilnius, Lithuania (Study Abroad)

2021

EXPERIENCE/ACTIVITIES

Stanford Football Student-Athlete

2022-Current: 25+ hours a week attending practices, meetings, workouts, and other football related activities while pursuing a mechanical engineering degree.

Honor Roll

UCLA Athletic Director's Honor Roll for Fall, Winter, Spring quarter (2023-2024)

Big Ten Academic Honor Roll (2024), Pac-12 Academic Honor Roll (2023)

American Society of Civil Engineers (ASCE) Team Member 2023-24

Integral member of the ASCE's timber design build consisting of building a timber structure to be load tested, representing UCLA and winning 3rd at the ASCE Pacific Southwest Student Symposium

UCLA ASTEM Member

Participated with fellow STEM major athletes in workshops and career planning

Marin Builders Association Scholarship Recipient (2022)

PROJECTS

Arduino-Based EKG Monitor

- Built a functional EKG device using Arduino to measure and display heart rate and ECG waveforms through real-time data acquisition.
- Designed and calibrated analog circuitry for bio-signal amplification and filtering to ensure accurate, low-noise readings.

Mechanical Picture Wheel (Escapement-Driven Animation Device)

- Designed and fabricated a fully mechanical picture wheel for viewing images in a "memory box" powered by a custom escapement mechanism.
- Modeled gear and linkage systems in Fusion 360 and manufactured components with laser cutter and 3D printing to achieve synchronized, electronics-free animation.

PAST WORK EXPERIENCE

Little League Umpire (2018), Cashier and Restocker (2017-2022), Mathnasium Math Tutor (2022)

SKILLS

Python | Matlab | Soldering | Hardware tools | Proficiency in Lithuanian | Piano, Saxophone & Guitar | Fusion | Solidworks