

BEN HELMAN

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EDUCATION

Dartmouth College , Hanover, NH <i>Bachelor of Arts, Major in Economics</i>	Expected June 2028 GPA 4.00/4.00
<ul style="list-style-type: none">Activities/Societies: Granite State Finance Association, Theta Delta Chi FraternityRelevant coursework: Financial Accounting	
Wesleyan University , Middletown, CT <i>Bachelor of Arts, Major in Economics</i>	August 2024 – May 2025 GPA 3.86/4.00
<ul style="list-style-type: none">Honors/Awards: Dean's List 2xRelevant coursework: Introductory Econometrics, Introduction to Economic Theory, Applied Data Analysis, Probability and Statistics, Startup Incubator, Working with Excel and VBA, Mathematics for Economists	
King School , Stamford, CT	June 2024 GPA 4.36/4.00 ACT: 36
<ul style="list-style-type: none">Honors/Awards: AP Scholar, Tom Main Fellowship RecipientActivities/Societies: Varsity Football, Varsity Tennis, Market Report, Investment Club, Peer TutoringRelevant coursework: AP Microeconomics, AP Macroeconomics, AP Calculus	

RELEVANT EXPERIENCE

Brentwood Associates , Los Angeles, CA <i>Private Equity Summer Analyst</i>	May 2025 – June 2025
<ul style="list-style-type: none">Completed industry and financial analyses for consumer and essential services investments to support value creation initiatives for companies such as Wingstop Far West, Hissho Sushi, and Excelligence Learning CorpAssessed Confidential Information Memoranda by analyzing industry dynamics, competitive positioning, growth plans, cash flow profiles, and value creation opportunities to identify investments for further diligenceBenchmarked portfolio company performance and growth trajectories against direct competitors in the education services and food and beverage sectors to support board conversations regarding strategic planning	
Ten Thousand , New York, NY <i>Marketing Intern</i>	July 2025 – August 2025
<ul style="list-style-type: none">Originated, planned, and executed a sponsorship deal with a prominent kicking coach and 12 NFL kickers and puntersSupported the brand marketing director in social media campaign creation for Hyrox BostonOrganized and led live fitness events at Lifetime Fitness locations across NYC to promote the brand using competitive fitness challenges	
Scholars of Finance , Hanover, NH <i>Member</i>	September 2025 – Present
<ul style="list-style-type: none">Developed a strong understanding of investment banking, private equity, and venture capital through guest speaker events, financial modeling workshops, and mentorship from industry professionals.	
Wesleyan Investment Group , Middletown, CT <i>Member</i>	September 2024 – May 2025
<ul style="list-style-type: none">Learned financial decision-making and modeling skills; read and discussed articles weekly about current events in financeCompeted in Point72 stock pitch competition; built a DCF model and ran comparable company analysis for valuation	

ACTIVITIES AND SERVICE

Dartmouth Rugby Football Club , Hanover, NH <i>Hooker and Kicker</i>	September 2025 – Present
<ul style="list-style-type: none">Devoted 25 hours per week to practice, conditioning, lifts, meetings, travel, and games	
Wesleyan Football , Middletown, CT <i>Kicker/Punter</i>	August 2024 – May 2025
<ul style="list-style-type: none">NESCAC and Little 3 Championship teamDevoted 35 hours per week to practice, conditioning, lifts, meetings, travel, and gamesPartnered with Team IMPACT, a national non-profit that pairs children with serious illnesses or disabilities with college athletic teams to raise \$5,000 and sign a child to the Wesleyan Team	
HOPE Community Service Food Pantry , New Rochelle, NY <i>Summer Food Pantry Manager</i>	2021 – 2023
<ul style="list-style-type: none">Organized deliveries from County Harvest and Feeding Westchester to New Rochelle, NY warehouseStocked warehouse shelves and distributed food in-person to those in need 4 days a week, 150+ hours per summerReceived and accounted for over 10,000 pounds of food weekly	

SKILLS AND INTERESTS

Technical: Microsoft Office Suite (Excel, PowerPoint, and Word), R, Stata, Python, VBA, Financial Modeling
Languages: Spanish (conversational)
Interests: Health/Wellness and Bio-Hacking, Golf, Data Science, Chipotle, Red Sox fan