THOMAS M. FRESHMAN

Present: Box 515, Castleton University, College Drive, Castleton, VT 05735
Permanent: 95 South Spruce Street, Essex, VT 05200
C: 802.434.9875 | Thomas.Freshman@castleton.edu

EDUCATION

Castleton University, Castleton, Vermont — Expected May 2024
Bachelor of Science in Athletic Training with minor in Health Education — GPA: 3.7

Essex High School, Essex, VT — June 2020
Captain of Cross-Country and Track Team; Secretary of Debate Team
Member of Student Government committee

EXPERIENCE

Vermont 5K Run, Central Vermont Educational Foundation, VT — 2019-Present
Assistant Race Director

- Assist in the planning of annual event that draws 500+ participants and raises $15,000 annually for local nonprofit educational foundation
- Direct entire registration process prior to and on day of event including creating database and coordinating efforts of 20 volunteers.
- Update and maintain website (www.vermont5K.com)

Donovan's Landscaping, Burlington, VT — Summers 2019-Present
Staff

- Maintained lawns and gardens of private homes and residential businesses
- Operated various equipment; provided courteous and accommodating service

COLLEGIATE ACTIVITIES

Member, Athletic Training Club — Fall 2019-Present
Member, Cross Country Team — Fall 2019-Present
Mentor, Castleton Mentoring Program — Fall 2019-Present

SKILLS / CERTIFICATIONS

- Excellent communication, organizational and customer service skills
- Strong knowledge of Microsoft Word, Excel, Access, and PowerPoint with PCs and Macs
- Basic proficiency in French
- First Aid / CPR certified (through June 2021)

THOMAS FRESHMAN

REFERENCES

Professor Reese Boucher, MS, ATC
Director, Athletic Training Program
Castleton University
Castleton, Vermont 05735
(802) 468-1435
Reese.Barber@castleton.edu
(*Professor, Advisor*)

Dave Heitkamp
Head Coach, Cross Country
Castleton University
Castleton, Vermont 05735
(802) 468-6520
Dave.Heitkamp@castleton.edu
(*Coach)*

Jeremy Smith
Owner, Donavan's Landscaping
20 Spruce Lane
Burlington, VT 05401
(802) 456-2000
(Supervisor)

Sarah Sophomore
518-642-9080
Sarah.Sophomore@castleton.edu

Present Address
Box 35, Castleton State College
Castleton, VT 05735

Permanent Address
57 Lewis Road
Saratoga, NY 12305

EDUCATION

Castleton State College, Castleton, Vermont
B.A., ***Elementary Education*** expected May 2015
Minor: ***Mathematics*** GPA: 3.7

- President's List: 3/4 semesters
- Dean's List: 1/4 semesters

RELATED COURSEWORK

Education Technology, Introduction to Literature, Mathematics for Elementary Teachers, World History, Fundamentals of Geography, Calculus I & II, Geometry

EXPERIENCE

Academic Support Center, Castleton State College Fall 2011-Present
Tutor

Tutor students in math.

Camp Catherine Capers, Wells, VT Summers 2010-2012
Camp Counselor
Oversee group of five residential campers ages 7-10; implement and facilitate daily activities.

Pond Hill Horse Ranch, Poultney, VT Fall 2011-Present
Staff
Instruct riding lessons to youth ages 5-10 years old.

COLLEGIATE ACTIVITIES
Mentor, Castleton Village School 2011-Present
Member, Equestrian Team 2011-Present
Treasurer, Education Club
Volunteer, America Reads

SKILLS
Proficient in Microsoft Word, Excel, PowerPoint with PCs and Macs
Conversational Spanish

Julia Junior

10 Main Street, Apartment 5, Castleton, VT 05735
802-468-1677 Justin.Junior@castelton.edu

EDUCATION
Castleton State College, Castleton, VT
B.A., **Psychology** May 2014
Concentration: ***Health Psychology*** GPA: 3.5

Study Abroad: **University of Brunnenberg, Italy** Spring 2012
Fifteen week course focusing on culture and women's health issues.

RESEARCH EXPERIENCE
"*Health and Diet: Comparing the U.S. and Italy*" Fall 2012
A junior paper submitted that researched the linkage between diet, health issues and heritage comparing the United States with Italy.

RELATED EXPERIENCE
***Intern,* Mothers-to-Mothers Program**, Rutland Mental Health, Rutland, VT Summer 2012

- Collaborated with team of three to organize and formulize 400-page training curriculum
- Designed a structure to make the progression of material clear and logical

- Identified gaps in the curriculum and composted modules to fill gaps to create comprehensive training

***Intern,* Medical Health Research Association,** Maternal Infant Care, NY, NY Summer 2011
Network of eight women's health centers in disadvantaged New York City communities

- Conducted wait-time study on four clinics
- Developed data collection tools, gathered data and analyzed information on 800 patients
- Identified bottlenecks in patient flow and sources of patient wait time; made recommendations

COLLEGIATE EXPERIENCE

Vice President, Psychology Club
Member, Women's Tennis Team
Volunteer, Rutland Country Women's Shelter Fall 2011 & 2012
Volunteer, American Heart Association 2010-Present

SKILLS

Computer proficient with PCs and Macs, Java, and SPSS
Fluent in Italian and French

Samuel Senior

300 Merchants Row, Rutland, VT 05701
802-775-5564
Samuel.Senior@comcast.net

EDUCATION

Castleton State College, Castleton. Vermont
B.A., ***Art*** May 2013
Concentration: ***Graphic Design*** GPA: 3.7

AREAS OF EXPERTISE

Illustration * Graphic Design * Logo Design * Brochures * Magazine and Newsletter Design

COMPUTER EXPERIENCE

Adobe Photoshop * Adobe Illustrator * InDesign * Dimensions * QuarkXPress
Dreamweaver * Microsoft Word * Excel * Mac and PS operating systems

RELATED EXPERIENCE

***Intern,* Awesome Graphics,** Rutland, Vermont May-August 2012

- Created brochures, newsletters and advertisements

- Prepared graphic designs for print and Web site
- Produced murals, faux finishes and interior design surfaces

***Teaching Assistant,* Fine Arts Center**, Castleton State College 2010-Present

- Assist faculty in instruction of art classes including Graphic Design, Advertising and Publication Design

***Staff,* The Artware Store,** Mystic, CT Summers 2010-2011

- Provided excellent and efficient customer service
- Created seasonal window designs; ordered and stocked inventory
- Handled large sums of money; conducted daily deposits

COLLEGIATE ACTIVITIES

President, Art Club
Member, Soccer Team
Volunteer, Meals on Wheels

Katherine Raves
References

Bill Ramage
Professor Emeritus, Art
Castleton State College
Castleton, Vermont 05735
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(Academic Advisor & Professor)

Ms. Suzanne Holcomb
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Awesome Graphics
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Suzanne@awesomegraphics.com
(Internship Supervisor)

Mr. Peter Johnson
Manager
The Artware Store
322 Main Street
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(203) 766-0098
PJohnson@gmail.com
(*Work Supervisor)*