

NOSM Admissions Office
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Objective To obtain enrollment in the M.D. Program at the Norther Ontario school of Medicine.

Extracurricular Activities and Accomplishments

- Captain of the Oceanside Generals of the Vancouver Island Junior Hockey League during the 2011-2012 season.
- Assistant Captain of the Nanaimo Clippers of the British Columbia Hockey League during the 2010-2011 season.
- Member of the Chemistry 341 student committee at UBC
- Co-developer of the Protein Smoothies iOS application on the iTunes store.
- Awarded the Brent Patterson Memorial Trophy as a member of the 2008-2009 league champion Oceanside Generals of the Vancouver Island Hockey League
- Participant in the Czech Challenge Cup. I was chosen to represent Canada in this international ice hockey tournament in Prague as a member of the BC Polar Bears

Volunteer Involvement

- **Community Yoga Fundraisers, 2012-2013.**
 - I co-planned community fundraising activities in support of project development for causes in Korogocho, Kenya. Causes included a rural orphanage, HIV clinic and K-12 school. The weekly fundraisers included yoga studio partnerships where instructors would volunteer their time to lead a "karma" class. Donations were collected in lieu of class fees.
- **Trainer/Mentor with Parsons Project Off-Season Hockey Conditioning, 2009-2011.**
 - I led off-ice workouts and taught weight training safety/techniques. I also provided advice on how players can best further themselves in hockey and school.
- **Defensive Coach w/ the North Island Silvertips of the BC Major Midget League, 2012-2013.**
 - I provided instruction and advice on how to play the position of defence in hockey during the teams practice drills.
- **Community Volunteer, 2008-2010.**
 - While playing for the Nanaimo Clippers of the British Columbia Hockey League, I volunteered in different capacities within the community of Nanaimo. This included reading to elementary school children, playing road hockey with people at community events, visiting with fans and collecting donations on behalf of the Salvation Army.
- **Coast Mental Health Volunteer, 2013-Present.**

- A brain-injured man named Brendan and I spend time together once a week. I meet him at his care home and we walk to a nearby coffee shop or restaurant. These outings provide him with exercise and necessary social interaction. I notify the staff at his care home if his behavior seems abnormal in any way.
- **Data Entry Volunteer, May 2014-September 2014.**
 - I electronically entered the information of those who gave donations to the Heart and Stroke Foundation through the Jump Rope for Heart program. This allowed donors to receive receipts and appreciation for their donations.

Education

University of British Columbia
 Bsc in General Science – May 2016
 GPA: 3.8/4

Employment

- **Fitness Connection Health Centre-Front Desk, 2008-2009**
 - I greeted gym-goers and processed payments at the front desk.
- **CSI Landscaping-Crew Chief, 2010-2013.**
 - I managed a crew of 4 people. I delegated job site responsibilities and made sure that all jobs were completed according to the clients specifications. We installed irrigation systems, garden beds, rock walls, turf, fencing and various other landscapes that were requested.
- **Meridian Valet – Valet, May 2015-August 2015.**
 - I work as a valet at various hotels in downtown Vancouver.

References

Available upon request