

## EDUCATION

### Rutgers University - New Brunswick, NJ

B.S. Nutritional Sciences - 2026

School of Environmental and Biological Sciences

- Ann S. McChesney Nutritional Sciences Excellence in Education Award (2026)
- Kappa Omicron Nu (KON)
- Society for Collegiate Leadership & Achievement (SCLA)
- Nutrition Club

### Berkeley College - Woodbridge, NJ

B.B.A. International Business - 2019

Undergraduate Honors Program

- 4.0/4.0 GPA
  - President's List & Presidential Scholarship recipient
  - National Society of Leadership & Success (NSLS)
  - Completed four year degree in three years
  - Student Aide - Academic Learning Center
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## EXPERIENCE

### SOCIAL MEDIA & COMMUNICATIONS VOLUNTEER

New Jersey Academy of Nutrition and Dietetics (NJAND) | Oct. 2025 - Present

- Contribute to the Social Media and Communications Committee by creating and curating digital content for NJAND's professional platforms
- Authored an evidence-based blog article for National Diabetes Awareness Month, published on the New Jersey Academy of Nutrition and Dietetics website (November 2025)
- Write and edit blog posts highlighting nutrition topics, events, and member spotlights to promote community engagement and evidence-based education
- Collaborate with the communications team to brainstorm new content ideas and expand NJAND's social media reach across Instagram

### GRADUATE ASSISTANT — HOMESTYLES CHINA

Rutgers University - New Brunswick, NJ | Supervisor: Dr. Carol Byrd-Bredbenner | Jan. 2026 - Present

- Conduct targeted outreach to Chinese adults residing in the U.S. for a nutrition research study
- Support participant recruitment through professional communication and background research
- Prepare, package, and ship biological testing kits in accordance with study protocols
- Adhere to IRB guidelines, confidentiality requirements, and ethical research standards when handling participant-related materials

### TEACHING ASSISTANT - EXPERIMENTAL FOODS

Rutgers University - New Brunswick, NJ | Sept. 2025 - Dec. 2025

- Supported the course instructor in updating and improving laboratory manuals, identifying gaps, and ensuring procedural accuracy
- Guest lectured for the Food Production and Management course, and presented a marketing-focused lecture connecting business principles with food service operations
- Collaborated with the instructor to refine coursework and enhance student learning outcomes

### NUTRITION ASSISTANT - VOLUNTEER

Private Practice - Istanbul, Turkey | Aug. 2025

- Shadowed a practicing dietitian specializing in gut-health and microbiome-based nutrition interventions
- Assisted in developing client handouts and digital materials on elimination diets
- Gained cross-cultural experience in personalized nutrition counseling, and digestive wellness education and intervention

## **NUTRITION EDUCATION & KITCHEN VOLUNTEER**

STEM Academy - Edison, NJ | Mar. 2025 - Jul. 2025

- Delivered interactive sessions on public speaking, confidence, & health communications for students of varying age groups
- Assisted in classroom lessons promoting nutrition awareness and healthy eating habits
- Supported kitchen operations, including meal preparation, organization, and food safety procedures
- Developed and shared interactive learning materials connecting scientific concepts with health and communication skills

## **SPORTS NUTRITION STUDENT WORKER**

Rutgers University - New Brunswick, NJ | Sept. 2024 - Dec. 2024

- Prepared and customized pre- and post-workout smoothies and protein shakes for athletes
- Managed item stock levels for nutrition fueling stations, fueling cart, players' lounges, team locker rooms
- Assisted with inventory control and maintained par stock levels to ensure consistent product availability for athletes
- Developed recipes, and prepared them to be served to the student athletes
- Assisted with cooking demos

## **FINANCIAL ANALYST**

Atalanta Corporation - Elizabeth, NJ | Oct. 2019 - Oct. 2021

- Managed National Accounts and strategic customer portfolios worth a total of \$6 million
- Created and analyzed sales reports
- Coordinated with internal and external departments on a day-to-day basis
- Evaluated and verified promotions and contracts
- Analyzed logistical documents for deductions
- Calculated accrued expenses and revenue
- Managed documentation for deductions, billbacks, and customer paybacks

## **FREIGHT COORDINATOR - Internship**

OnPoint International - Fords, NJ | Jan. 2019 - Apr. 2019

- Communicated between international suppliers, consignees, agents, shipping lines, and brokers
- Gathered & created various import/export documents
- Tracked inventory of warehouse
- Billed invoices

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## **MEMBERSHIPS:**

- Academy of Nutrition and Dietetics (AND)
- Dietitians in Integrative & Functional Medicine (DIFM)
- Society for Nutrition Education & Behavior (SNEB)
- Kappa Omicron Nu (KON)

## **CERTIFICATIONS**

- ServSafe Certified
- Microsoft Office Certified
- CPR / AED / First-Aid
- 200HR Yoga Teacher Training

## **ACTIVITIES**

- Yoga, Pilates, Hiking
- Travel
- Recipe testing
- Healthy cooking and baking
- Blogging and digital content creation

## **LANGUAGES**

- Fluent in English and Turkish
- Beginner level in Spanish

## **SKILLS**

- Analytical and detail-oriented
- Strong public speaking and presentation skills
- Creative and research-driven
- Recipe development and content creation
- Cross-culturally competent
- Leadership and teamwork focused
- Organized and adaptable
- Innovative problem-solver
- Technically proficient
  - Canva, Wix, SEO, Microsoft Office