

# Jose Lanzona

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## EDUCATION

### **University of Delaware**

College of Health Sciences

*Bachelor of Science*

Major: *Exercise Science*

GPA: 3.40

Honors and Awards: Dean's List, UDPT Volunteer-of-the-Month August 2019, BHLPT Tier 4 Distinction

Relevant Coursework: Biology, Chemistry, Terminology of Medicine, Nutrition Concepts, Anatomy and Physiology, Physics, Exercise Physiology, Intro to Sports Health, Research Methods for Exercise Science, Clinical Exercise Physiology, Biomechanics, 12-LEAD ECG Interpretation, Strengthening & Conditioning, Spanish for Healthcare Writing/Reading,

Newark, DE

Sept 2021

## RELEVANT EXPERIENCE

### **Development Motor Control Labs , Research Assistant**

November 2020 - August 2021

- Recruited 20 participants for stroke walking study, 25 participants for ADHD study, 14 participants for voice study
- Connected with U of D's Center for Counseling and Student Development to recruit ADHD participants
- Utilized fNIRS technology to record data on brain oxygenation in context to motor skills
- Collaborated with speech pathologist to perform fNIRS research in tandem with voice control

### **Move To Learn Innovation Labs, Research Assistant Volunteer**

December 2018 - December 2020

- Harnessed directive and didactic instruction-giving through writing two detailed DIY Manuals
- Designed and replicated patterns of assistive wear on patternade to recreate functional apparel for lab testing
- Analyzed 72.85 hours worth of research articles across two months to code for lab's infant milestone study
- Assisted a Fashion Master's student thesis through coding AFO perception forums

### **University of Delaware Physical Therapy Clinic, Volunteer**

May 2018 - August 2019

- Noted accurate data representation and collection in patient-outcomes grading and vitals taking
- Provided client safety on machines through active motivation, setting correct weights, and reminding of exercises
- Exemplified attentiveness and attention-to-detail through completing clinical tasks without being prompted
- 156 hours

## EMPLOYMENT EXPERIENCE

### **QUEST Peer Mentor, University of Delaware's Blue Hen Leadership Program**

August 2020 - December 2021

- Facilitated group discussions regarding self-awareness within Freshmen students of the University of the Delaware
- Planned and organized QUEST Follow-Ups to allow the 90 QUESTers to connect and to team build
- Organized biweekly meetings with QUEST mentees to hit benchmarks in diversity & inclusion understanding
- Arranged mental health resources, University-sponsored events, academic enrichment opportunities to mentees
- Coordinated monthly one-on-one meetings with QUESTers for counseling and

### **Blue Hen Leadership Program: Tier 3 - Community Fellows Teaching Assistant**

August 2021 - May 2022

- Supervised five student and community partner collaborations and met with them to check-in on progress
- Presented workshops on SWOT analysis and nonprofit volunteer management to aid student SWOT analyses
- Graded SWOT Analysis utilizing rubric and provided specific feedback to encourage creativity

### **Head Shift Leader, Playa Bowls-University of Delaware**

April 2018 - June 2020

- Reviewed and recorded cash/safe financials nightly onto excel spreadsheet
- Exemplified quality customer service as pivot between customers, other employees, managers, and owners
- Increased brand's social media presence from 3,000 to 4,000 through creative product photography
- Collaborated with 40 employees to address hazardous working conditions & employee payment discrimination
- Deescalated employee-employer tensions by writing a 4-page letter for management to address employee wishes
- Executed brand values of serving healthy food to local Newark Community with grace and respect
- Demonstrated vast nutritional knowledge via personal and scientific knowledge of plant-based eating

## EXTRACURRICULARS

**Blue Hen Leadership Program Tiers 1-4**

August 2018-December 2021

- Delegated tasks to six committee leaders as coordinator of campus-wide Free Hugs 2018 Campaign
- Presented leadership workshops centering around Black Trans Lives and LGBT+ History
- Instilled sense of personal belonging within 28 students by facilitating leadership workshops as Presentation Intern
- Coordinated calls on behalf of Wilmington Greenbox to the City of Wilmington to approve water meter establishment
- Collaborated with Wilmington community leaders to plan and construct an urban garden

**Peer Mentor Coordinator for KAAP Kinect**

April 2021-December 2021

- Coordinated with advisors and fellow students in the development of a new Registered Student Organization centered on minoritized students in the KAAP department
- Collaborated with fellow KAAP Kinect executive board to develop an RSO constitution
- Organized meeting times with Whitney Athletic Center for facility tour to introduce students to the discipline

**Summer Research Scholars - University of Delaware**

June 2021-August 2021

- Designed and implemented a motor development and executive functioning study capitalizing on research niche of Autonomous Sensory Meridian Response
- Adapted research protocol & informed consent for IRB submission
- Consolidated 30 articles of peer-reviewed ASMR studies into an annotated bibliography
- Performed and analyzed collected fNIRS data to translate for scholarly article

**University of Delaware Student Alumni Association**

March 2020-December 2021

- Dedicated 60+ hours to organization
- Facilitated alumni-and-student alumnus discussions to promote networking skills
- Motivated school spirit within student body through on-site YoUDEe cut-out photo opportunities
- Connected Class of 2024 to the rest of the University traditions through Candle Light Ceremony table
- Vetted incoming UDSAA candidates with e-board members through two rounds of virtual interviews
- Planned and performed a winning lip-sync performance to compete in a nationwide student organization competition
- Extended the student experience to alumni at sporting events to promote alumni and student unity

**Miscellaneous**

- United 20 Newark community & UD community under community service as The Big Event Outreach member
- Connected prospective trans women participants on Twitter for gender-affirming undergarment study
- Served as panel guest for student-led townhall addressing racism in the nation and in upper-education
- Motivated queer youth with fellow high school alumni & Senator McBrides at student-led LGBT+ advocacy event at Newark Charter High School

**SKILLS**

- Recording vitals (both manual and computerized)
- Taping ankles and knees
- Research coding with an average of 92% reliability across two separate projects under Move To Learn
- Writing DIY Manuals with sewing knowledge through Move To Learn Innovation Labs
- Patternade Pattern Development
- Social media outreach for study recruitment