

# Mikaela Rutter

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Johnson, Vermont 05656  
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## Education

Johnson State College, JSC  
Bachelors in Biology with a pre-med concentration

Anticipated December 2017

South Jefferson Central High School, SJ  
Adams, New York  
Advanced Regents Diploma  
Honor Graduate

June 2014

## Experience

**Research Assistant**, *JSC Exercise Physiology Lab*, Johnson, Vermont

Fall 2015

- \*Conduct pilot research under Hans Haverkamp, Ph.D. with hypertonic saline
- \*Interact with subjects and calibrating equipment

**Baseball Liaison**, *Parks and Recreation Department*, Watertown, New York

Summer 2015

- \*Organize youth baseball teams
- \*Contact participants with cancelations
- \*Supervise baseball games to ensure everything ran smoothly

**Test Subject**, *JSC Exercise Physiology Lab*, Johnson, Vermont

Fall 2014

- \*Participated in research done by Hans Haverkamp, Ph.D.
- \*Performed exercise and breathing tests for data analysis

**Youth Sports Coach**, *YMCA*, Watertown, New York

April 2013–present

- \*Coach and supervise children age three to twelve in various sports
- \*Lead games and activities
- \*Mentor new employees on proper procedures of activities
- \*Organize creative lesson plans for sport classes

**Winter Sports Director**, *NNYSSL*, Watertown, NY

February 2013

- \*Ran soccer tournament to fundraise for local scholarships
- \*Advertised the event with posters, emails, and flyers
- \*Organized prizes for winning teams
- \*Prepared teams for age brackets U6 to U18, scheduled all game times

## Honors and Awards

**START Scholarship**, *JSC*

2014–present

- \*Awarded to promising science students

**Chesamore Scholarship**, *JSC*

2014–present

**National Honor Society**, *SJ*

2012–2014

- \*Inducted due to grade point average of 94

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March 2015

\*Completed ten hours of community service each academic year

<b>National Society of High School Scholars</b> *Selected for membership	Fall 2013
<b>Varsity Soccer Frontier League All-Star, SJ</b>	2012, 2013
<b>Scholar Athlete Award, SJ</b>	2010–2013
<b>Varsity Soccer Frontier League Champions, SJ</b>	2010–2013
<b>Houghton College Soccer Camp All-Star</b>	2010, 2012
<b>Track and Field Frontier League Champions, SJ</b>	2010–2012
<b>Perfect Attendance, SJ</b>	2009–2012
<b>Honor Roll Student, SJ</b> *Maintained a grade point average above 90	2004–2012
<b>US Achievement Academy National Leadership and Service Award</b>	2010–2011
<b>Lions Club “Pride Award”</b> for honorable character	June 2010
<b>212 Degree of Effort Award, SJ</b>	2010
<b>National Junior Honor Society President, SJ</b> *Inducted due to high grade point average *Lead monthly meetings *Wrote speech on leadership for induction of new members	2009–2010
<b>US Achievement Academy All American Scholar Award</b>	2009–2010
<b>President’s Education Awards Program</b> *Award for outstanding academic excellence	2007
<b><u>Certifications</u></b>	
CPR and First Aid Certified	January 2014
New York State Driver’s License (no points)	Issued January 2014
<b><u>Extracurricular Activates</u></b>	
<b>Volunteer, JSC Kids Night Out, Johnson, Vermont</b>	February 2015
<b>Varsity Women’s Soccer Team, JSC</b>	2014–present
Mikaela Rutter	March 2015

<b>Key Club, SJ</b>	2011–2014
*Completed fifty hours of community service each academic year	
*Attended monthly meetings	
*Raked leaves at local cemetery, worked in soup kitchen	
<b>SADD, Students Against Destructive Decisions, SJ</b>	2011–2014
*Attended monthly meetings	
*Organized volunteer and community events	
*Promoted safe prom campaign	
<b>Varsity Women’s Soccer Team, SJ</b>	2010–2013
*Captain 2013	
<b>Prom Committee Member, SJ</b>	Spring 2013
*Attended several meetings	
*Collaborated on decisions for venue, food, theme, decorations, and date of prom	
<b>Donated Blood, American Red Cross, Adams, NY</b>	2012, 2013
<b>Varsity Track and Field, SJ</b>	2010–2012
*Open State qualifier for long jump and 4x100 team	
<b><u>Skills</u></b>	
<b>Microsoft Office Programs, JSC</b>	Fall 2014–present
*Word, Power Point, Excel	
<b>Adobe Programs, JSC</b>	Fall 2014–present
*Photoshop, Illustrator	
<b>Foreign Language, SJ</b>	2008–2013
*Five years of Spanish	
*Earned six college credits from Jefferson Community College	