

GABRIELLA KROSKA

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EDUCATION

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

May 2018

University of North Carolina at Charlotte – Charlotte, NC

Minor: Spanish

GPA 4.0 | Chancellor's List

Summa Cum Laude

ASSOCIATE OF ARTS IN GENERAL STUDIES

June 2014

St. Cloud State University – St. Cloud, MN

Summa Cum Laude

EXPERIENCE

PROJECT CONSULTANT

January 2018 – Present

Elite Wellness and Empower Health America, Charlotte, NC

- Conduct review of health and psychology literature to aid in the development of the Train for Life Empowerment program and create research library to house documentation of research supporting the TFL program
- Summarize research findings in 'laymen's terms' for use in the Empowerment Program
- Develop marketing campaign graphics to be used in conjunction with the Empowerment Program

CAMPUS COMMUNICATIONS MANAGER

November 2015 – Present

C.O.R.E. Project, UNC Charlotte

- Direct efforts to build relationships with academic departments, student groups, and faculty/staff groups to increase support for construction of facility
- Draft and refine 21-page grant proposal for \$32,000 towards the C.O.R.E. facility and write additional proposals for supportive funding
- Collaborate as an interdisciplinary team of 4 scholars, requiring self-motivation to work remotely and meet deadlines without daily oversight from advisors

LEVINE ALUMNI LIAISON

September 2016 – May 2018

Levine Scholars Program, UNC Charlotte, Charlotte, NC

- Coordinated with program assistant director to develop strategies to connect current scholars and alumni
- Produced Levine Scholars Students and Alumni LinkedIn Group to connect students and alumni
- Recruited and organized scholar volunteers to provide support for the 2017 USPAA conference hosted by the Levine Scholars Program

LEAD PEER CAREER AMBASSADOR

August 2015 – May 2018

University Career Center, University of North Carolina at Charlotte, Charlotte, NC

- Hosted drop-in advising sessions with students to focus on resume and cover letter writing and interview preparation
- Conducted mock-interviews with students to help them develop effective interviewing skills and build confidence
- Presented to student groups and conducted workshops to help students build networking and job search skills
- Provided mentoring and training support to new interns and volunteers to improve service to students
- Assisted in interviewing and hiring decisions for Peer Career Ambassador (PCA) interns and volunteers
- Developed and implemented marketing strategy for recruitment of PCAs, successfully increasing applicants by 50%

LEADERSHIP

CAMP COUNSELOR

August and December 2018

COGWA Youth Camps, Camp Fort Bluff, TN and Winter Camp, WI

- Planned and led age-appropriate discussions during dorm meetings to reinforce theme of "Walking with Integrity"
- Provided encouragement and constructive feedback to teen girls to promote a positive environment in the dorm
- Fostered positive relationships with campers while providing supervision at all activities

EXPEDITION LEADER

June 2018

COGWA Youth Camps, Boundary Waters Canoe Area Wilderness, MN

- Led a group of seven teens and young adults in a 4 day, 3 night wilderness expedition near the Canadian border
- Instructed youth in canoe and river safety, expedition behavior, campsite set-up, and navigation
- Critically evaluated changing weather and environment conditions in order to manage and mitigate risk

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VICE PRESIDENT

August 2017 – May 2018

Exercise is Medicine-On Campus, UNC Charlotte

- Mentored the President in leadership strategies, delegation, and problem solving in order to better serve organization
- Created strategic plan for student organization to pursue mission of fostering a culture of physical activity on campus

WOMEN'S LEADERSHIP DEVELOPMENT PROGRAM

August 2017 – November 2017

Center for Leadership Development, UNC Charlotte

- Attended a speaker series focused on fostering connections between female leaders on campus and in the community

CHARLOTTE DANCE MARATHON LEADERSHIP COMMITTEES

August 2014 – October 2016

UNC Charlotte; Sponsorship Committee, Fundraising Committee, Catering Committee

- Contacted managers of businesses and restaurants to build partnerships and secure in-kind and monetary donations and sponsorships, managing to secure over \$1000 in sponsorships during freshman year
- Created LinkedIn company page for Charlotte Dance Marathon to raise awareness in professional settings, with the goal of generating future sponsorships and partnerships

NATIONAL OUTDOOR LEADERSHIP SCHOOL

July 2014

Lander, WY

- Completed 25 day back-country leadership course focusing developing crisis management, teamwork, leadership styles, and risk assessment skills

INTERNSHIPS

CHARLOTTE RESEARCH SCHOLAR

May 2017 – July 2017

Systems Physiology Lab, UNC Charlotte, Charlotte, NC

- Completed project to analyze effects of palmitic acid on the growth and development of C2C12 muscle cells
- Presented results at Summer Undergraduate Research Symposium

SUMMER INTERN

May 2015 – June 2015

Big Brothers Big Sisters of Greater Charlotte (BBBSGC)—Charlotte, NC

- Pulled data reports from Civicore database and generated graphs using Excel to identify and evaluate trends in data
- Created online training module utilizing Prezi to replace portion of in-person PERL Training for Bigs to conserve staff and volunteer time
- Researched trauma, trauma informed care, the Adverse Childhood Experiences study, and developed a training on trauma for BBBSGC volunteers

HONORS

LEVINE SCHOLAR

April 2014 – May 2018

Selected as 1 of 15 from 900 applicants for the Premier Academic Scholarship at UNC Charlotte

ALUMNI ASSOCIATION MERIT SCHOLARSHIP

April 2017

Students demonstrating remarkable leadership, service and success to UNC Charlotte and the greater community

DALE F. HALTON INTERNATIONAL STUDY SCHOLARSHIP

February 2016

Award given to students seeking to study abroad in Latin America

INTERNATIONAL EXPERIENCE

VOLLEYBALL INSTRUCTOR

August 2017

Foundation Outreach International Youth Camp, Kumasi, Ghana

- Overcame language and cultural barriers to instruct sport and encourage growth in teamwork skills among campers

UNIVERSITY STUDIES ABROAD CONSORTIUM

January – April 2017

Universidad Andres Bello, Santiago, Chile

- Four-month intensive Spanish Language program

PHYSIOTHERAPY OBSERVATION VOLUNTEER

June-July 2016

Projects Abroad – Bharatpur, Chitwan, and Patan, Kathmandu Valley, Nepal

- Observed physical therapy treatments in spinal rehabilitation and special needs daycare setting

SKILLS

SPANISH (professional working proficiency)