

# Elizabeth Tierney

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## EDUCATION

**University of New Hampshire, Durham, NH**

**May 2023**

*Bachelor of Science in Nutrition; Dietetics with a Minor in Psychology*

**GPA: 3.87**

*Dean's List*

- High Honors Fall 2019, Highest Honors Spring 2020, Fall 2020, Spring 2021, Spring 2023, High Honors Fall 2021, Spring 2022, Fall 2022

*Relevant coursework:* Nutritional Biochemistry, Organic Chemistry, U.S. Health Care Systems, Child Development

## SKILLS

- **Anthropometric Assessment Skills:** Height/weight measurements, Growth Charts, Waist Circumference, BMI, Blood Pressure, Lipid Panel, Indirect Calorimetry, Body Composition, Blood Sugar
- **Lab Skills:** Microscopy, Measurements, Food prep, Cooking, Knife skills, buffer preparation, titration, pipetting
- **Research Skills:** Dietary Assessment, Data Collection and Analysis, Fitness Level Assessment
- **Technical Skills:** Microsoft Office: Excel, PowerPoint, Word, Google Docs, Drive, Logger Pro

## HEALTHCARE AND FOOD SERVICE EXPERIENCE

**Anna Jaques Hospital – Newburyport, Massachusetts**

**Oct 2022 – Nov 2022**

*Clinical Intern*

- Worked alongside a dietitian to participate in providing nutrition care for patients of all backgrounds
- Assessed patient information to provide nutrition care plans while maintaining patient safety

**Emerson Hospital - Concord, Massachusetts**

**Jun 2021 – Present**

*Dietary Aide*

- Serve food, beverages, or desserts to patients in their rooms with a friendly and welcoming attitude while maintaining patient safety and identity
- Perform cleaning duties such as sweeping, mopping, and washing dishes, to keep equipment and kitchen sanitary and maintain an organized work environment
- Put together patient meal trays accurately to ensure patient safety and sanitation
- Adheres to safety and sanitation protocols in a healthcare setting

**Philbrook Dining Hall – Durham, New Hampshire**

**Mar 2021 – May 2022**

*Receptionist*

- Assisted managers in administrative tasks and supported customer service functions
- Greeted and welcomed students, faculty and staff while maintaining an inviting atmosphere
- Recorded and communicated number of customers per hour and assisted in managing sale of meals and takeout orders

## RESEARCH EXPERIENCE

**Nutrition Department, UNH, Durham, NH**

**Jan 2023 – Present**

*Research Assistant for College Health and Nutrition Assessment Survey (CHANAS)*

- Recorded anthropometric measurements such as height, weight and body composition
- Collected samples in blood capillary tubes to assess cholesterol, triglyceride and blood sugar levels
- Assessed Indirect Calorimetry using MedGem

## EDUCATIONAL LEADERSHIP

*Nourish – University of New Hampshire*

**Jan 2022 – Present**

- Educate students, faculty and staff on nutrition related topics through participation in campus events
- Work as a part of a team to create nutrition related events and marketing materials tailored to student needs
- Host cooking classes for students to learn how to cook nutritious meals in their housing

## OTHER EMPLOYMENT

**The Paper Store – Acton, Massachusetts**

**Oct 2018 – Feb 2020**

*Sales Associate*

- Proactively acknowledged, greeted and assisted customers with a positive attitude
- Provided friendly, prompt and efficient customer service with a high level of accuracy at the register
- Identified customer needs and made appropriate recommendations for products and merchandise

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## AWARDS AND CERTIFICATIONS

### University of New Hampshire – Durham, NH

#### *Certifications*

- ServSafe Manager **Apr 2021 – Apr 2026**
- Cholestech LDX System Certification **Mar 2023**
- Bloodborne Pathogen Certification (UNH Environmental Health & Safety) **Mar 2023**
- Ethical Use and Treatment of Human Subjects in Research (UNH Research Office) **Jan 2023**

#### *Awards*

- Academic Achievement Award for Exemplary Sophomore year GPA