

Anna McDonald

Bachelor of Science in Dietetics | August 2023

University of Kentucky | Lexington, KY

- Summa Cum Laude
- Accepted into the Bridge Scholars Program 2021-2022
- Accepted into the Coordinated Program
- Dean's List

Bachelor of Arts in Molecular and Cellular Biology & Spanish Language and Literature | May 2019

Transylvania University | Lexington, KY | Trustee Scholar

- Minor in Mathematics
- GPA – 3.4; Dean's List 3 terms
- Inducted into Sigma Delta Pi Spanish Honor Society & Phi Delta Epsilon Pre-Medical Fraternity

Internship Experience

- Bluegrass Nutrition Counseling | January – March 2023
 - Outpatient counseling that specializes in treatment of eating disorders; also counseling related to diabetes, cardiovascular disease, gastrointestinal issues, and general wellness and disease prevention.
- Baptist Health Lexington | March – May 2023
 - Inpatient clinical nutrition in acute care
- Marion County Public Schools Food Service Management | May – July 2023
 - Summer Feeding program through the public school system in Marion County, Kentucky

Certifications:

- *NASM Certified Personal Trainer* | August 2023 | Valid until August 2025
 - *TRX Qualified Coach*
- *NASM Certified Nutrition Coach* | April 2021
- *NASM Certified Weight Loss Specialist* | March 2021
- *National CPR Foundation CPR/AED Certified* | April 2023 | Valid until April 2025

Work Experience:

Group Fitness Instructor, CycleYOU Lexington | December 2018 – Present

- Encourage & motivate clients in wellness & fitness
- Present awareness of each client in your class of up-to 40 clients to create personal relationships & recognize their attendance to further promote their fitness journey as well as monitor form for safety and success
- Act as lead motivator for numerous fitness classes per week in studio & in front of camera for live streamed & home video workouts; choreograph workouts and playlists for cycle, strength, and barre classes

Undergraduate Instructional Assistant, University of Kentucky DHN | January 2022 – June 2023

- Grade Discussion Boards, Assess My Diet Assignments, and Projects using SpeedGrader
- Maintain contact with up to 120 students, responding within 24 hours on weekdays & 48 hours on weekend
- Handle sensitive discussion topics and report them to appropriate resource for assistance

Assistant Manager, CycleYOU Lexington | January 2021 – December 2022

- Responsible for overseeing sales on a daily, weekly, and monthly basis; create sales plans to increase sales & meet daily and monthly goals
- Address and resolve customer service issues
- Lead team through designated tasks with ideal time management for client, motivator, and employee success
- Coordinate communication between management, 30+ fitness instructors, & 12+ additional staff; mentor staff on a day-to-day basis
- Tasked with formal group and one-on-one training to staff

Administrative Work Study, University of Kentucky DHN | July 2022 – August 2022

- Set up program assessments in Canvas to manage processes needed for tracking learning outcomes within the Didactic Program in Dietetics
- Create learning outcomes within Canvas that are associated with the DPD Knowledge Requirements from ACEND tied to teach DPD Course

Assistant Taproom Manager, Country Boy Brewing | October 2020 – January 2021

- Analyzed daily taproom sales, attended weekly manager meeting to discuss sales and upcoming events
- Worked full-time as manager responsible for a high-volume taproom and 15-member bar staff
- Acquire marketing role for company Instagram accounts, Facebook pages, and Twitter account
 - Expanded the audience, amplified daily posts and interaction, boosted sales by bringing attention to specials, deals, & events; Involved in customer service tasked in responding to multiple messages from customers daily on different platforms

*Bartender/Server, **Country Boy Brewing** | September 2019 – January 2021*

- Responsibilities included cleanliness, awareness, and multi-tasking
- Provided customer service, but also a sense of greeting and understanding such that everyone that you talk to is a friend
- Adapted to server position due to pandemic; managed customers & facility following governor's mandates & mediated tensions; provided table service to up-to 25 tables at a time

*Receptionist, **Don Jacobs Automotive** | July 2015 – July 2019*

- Acted as liaison between the customer and the departments of the dealership over the phone as well as in the showrooms of the dealership.

*Sales Associate, **GAP** | September 2013 – June 2015*

- Greeted customers and assisted with any questions and/or concerns acting as customer service
- Handled monetary transactions; responsibilities included organization, cleanliness, and awareness.

Involvement:

*SHIFT Program, **God's Pantry** | May 2022 – December 2022*

- Practice food safety for transportation of food from one location to the next
- Work with Starbucks location to ensure timely pickup, correct temperatures of food.
- Coordinate with SHARE center for safe food drop off

*Treasurer, **Chi Omega Fraternity** | January 2017 – January 2018*

- Elected officer position to provide strategic oversight to the organization
- Lead delicate conversations discussing affording dues & fees as well as fines for misconduct
- Pioneered a new budget system for the organization & acted as mentor for following treasurers working with my budget
- Collected monthly dues through online payment system for 80 members; filed taxes annually; created a budget for the current chapter and consequent chapters; spoke at meeting of 80 members weekly; managed bills, fees, and budget for the chapter

*Member, **Habitat for Humanity Transylvania Chapter** | September 2017 – May 2019*

- Attended monthly meetings to discuss sensitive issues affecting the surrounding community and brainstorm ways to provide some assistance to those effected
- Utilized opportunities to volunteer at Habitat for Humanity Restore & work directly with the community
- Worked as a team to assist in building houses and eventually witness the joy and relief of the family once presented with their new home

Membership:

- Academy of Nutrition & Dietetics
- Bluegrass Academy of Nutrition & Dietetics
- National Academy of Sports Medicine

Skills:

- Near fluent in speaking and understanding Spanish language, fluent in reading and writing
- R: The R Project for Statistical Computing
- MATLAB
- Vernier Spectral Analysis
- Microsoft Word, Excel, PowerPoints
- SurveyMonkey, Qualtrics