

NATALIE HAKALA

Work Experience:

Cast Tech, *Slocum Orthopedics*

May 2020-August 2020

- Construct and deconstruct casts using both fiberglass and plaster for splints
- Help to create specific splints and bi-valved casts that can be removable
- Occasionally aid in wound care of removing sutures and staples and dressing wounds after surgery and before they are placed into a new splint/ brace

Athletic Training Room Volunteer, *Concordia University*

August 2017-April 2020

- Helped athletes with chronic and acute injuries recover through a variety of rehabilitation modalities
- Taught rehabilitation exercises or supervised routinely to ensure correct form
- Readjusted hips and ensured proper alignment

Anatomy and Physiology Tutor, *Concordia University*

August 2018- May 2020

- I help explain new concepts to those who got confused in class. I explain the material in new ways every time allowing them to get the most out of their learning

Physical Therapy Aide, *In Motion O.C. Physical Therapy*

April 2019-August 2019

- I taught rehabilitation exercises, performed ultrasound, and used KT tape to support injuries on patients.
- Had an average of 2 patients per hour (range was 1-3 typically, with an occasional 4 if helping another aide)

Tutor, Kausen Family

August 2017- December 2019 (worked only first semester for each year)

- Worked with a seventh-grade girl who has a slight learning disability and trouble focusing. I help her learn new organizational and study skills which allows her to better learn on her own. I aid her with homework and other tasks she may have for school.

Education:

Concordia University

Fall 2016-2020

- Major: Exercise Sports Science with a focus on Kinesiology
- Minor: Biology.
- Overall GPA: 3.57
- Major GPA: 3.59
- I ran cross country and track all four years
 - Competed at pacwest for all four years
- Dean's list for a 3.8 GPA (spring 2019)
- Academic Commendation for a 3.5-3.7 GPA (spring semesters of 2017,2018, 2020 & fall 2018)
- Competed in Academic Showcase 2019-2020

- Conducted my own research, wrote a paper, and presented my findings to a panel of judges and a presentation to my peers

Cross Country: Concordia University

2016-2020

- Ran Cross Country all 4 years at Concordia
- Academic All-PacWest for cross country (2017, 2018)

Track & Field: Concordia University

2016-2020

- Ran track all 4 years at Concordia
- D2 Academic Achievement Award for Track and Field (2019)
- Academic All- PacWest for track and field(2017,2018, 2019)

Marist Catholic High School

2012-2016

- Graduated with a high school diploma with being on the honor roll all four years, GPA 3.7.
- I was a retreat team leader, nominated for the National Honor Society, and All-State track participant in the 800.
- Volunteered regularly at Avamere Retirement Home

Volunteer Experience:

Medical Mission Trip: Haiti

December 2018

- I traveled to Haiti with a surgical team to provide health care for those who would not get treatment otherwise
- I worked in the OR by scrubbing in and aiding the surgeons in whatever way they needed
- Had great patient care experiences, checked vitals, placed IV's, monitored heart rate and breathing rate for the anesthesiologists

Coat Drive

November 2008 -current

- I started a coat drive at my elementary/ middle school when I was in 5th grade. Every year around Christmas time boxes would be made and coats would be collected and given to Catholic Community Services.
- Every Christmas break I return home and help my family with coat drive (ie counting, distributing, or collecting)

Concordia Cares

August 2016-May 2020 (once every semester)

- Every semester as a track and field program I volunteered at different areas within our community. Each volunteer experience was at least three hours with a maximum of five hours of helping our community. I helped in food banks, local parks, local schools, and around Concordia's campus.

