

Education

Jacksonville State University, Jacksonville, AL

August 2009-Present

Anticipated: April 2013

- Bachelor of Science: Family and Consumer Science
- Concentration: Dietetics
- 4.0 Cumulative GPA
- Jacksonville State University President's List

Employment

Dr. Rovenia Brock (Dr. Ro), Virtual

January 2013 – Present

Nutrition Research Assistant

- Research new and upcoming nutrition and health-related topics for presentation to different media outlets

Superman 5K Walk/Run Race, Wellborn, AL

April 2011- Present

Chairman of the Board

- Annually plan, host, and organize a local 5K (3.1 miles) in memory of Kevin Thompson
- Provide water, healthy pre- and post-race snacks, and nutritional education to participants

Beckwood Manor Nursing Home, Anniston, AL

June 2009 – Present

Dietary Aid

- Prepare and assemble patient food trays based on each patient's dietary needs and restrictions
- Assist patient tray delivery
- Monitor food and rinsing temperatures, assist in the purchasing of food, and maintain hygienic dining conditions
- Plan and present nutrition education programs for patients

School Involvement

Student Member of the Dietetics Advisory Committee for the Department of Family and Consume Science, Jacksonville, AL

February 2013 – Present

- Provide input on the strengths and/or weaknesses and ways in which the program can be improved

Research Co-author, Jacksonville, AL

December 2012 – Present

- Observe preschool children's food choices in a mock grocery store setting
- Results will be presented at the Jacksonville State University Student Symposium on February 13, 2013 and at the Alabama Dietetic Association meeting on March 6, 2013

Student Representative for the Library Improvement/Modernization Committee, Jacksonville, AL

October 2012 - Present

- Provide input to Librarians on possible library improvements
- Responsible for the addition of a group study room that students or groups can reserve to study and/or complete projects

Health Fair Volunteer, Jacksonville, AL

October 2012

- Participated in Delta Sigma Theta's Health Fair: Celebration of Women's Health where I provided nutritional information on the prevention of breast cancer and overall women's health

President of the Dietetic and Culinary/Hospitality Club, Jacksonville, AL

April 2012 – Present

- Organize club functions, fundraisers, and delegate responsibilities
- Conduct business meetings and organize a trip to the annual Alabama Dietetic Association meeting

Academic Tutor, Jacksonville, AL

September 2011- April 2012

- Provided out-of-class Chemistry assistance to students

Research Co-author, Jacksonville, AL

August 2011-March 2012

- Co-authored a research study on the health-contributing lifestyle of former colligate football players
- The results were presented at the Alabama Dietetic Association annual meeting and at the Jacksonville State University Student Symposium

Student Liaison for Academy of Nutrition and Dietetics and the Dietetic and Culinary/Hospitality Club, Virtual

August 2011- April 2012

- Informed the Academy of Nutrition and Dietetics of club activities and memberships on a monthly basis

Secretary of the Dietetic and Culinary/Hospitality Club, Jacksonville, AL

April 2011 – April 2012

- Responsible for the accurate documentation of meeting minutes, notification to members of club information, and organized a club membership drive

Jacksonville State University Ambassador, Jacksonville, AL

March 2011- April 2012

- Traveled to high schools state-wide, gave campus tours, and organized three College Preview Days for prospective students

Vice President of Phi Eta Sigma Honor Society, Jacksonville, AL

April 2010-April 2011

- Organized a college-wide blood drive with approximately 100 donors

Community Involvement**St. Charles Catholic Church Christmas**

November 2012-December 2012

Toy Drive, Jacksonville, AL

- Organized a Christmas toy-drive at St. Charles Catholic Church in conjunction with the Family and Consumer Science Department at Jacksonville State University

Taste Panel Judge, Anniston, AL

October 2012

- Served as a taste panel judge for the annual "Taste of Calhoun County Cook-off" hosted by the Calhoun County Chamber of Commerce

Budget Friendly Meals, Anniston, AL

August 2011 – Present

- Prepare, assemble, and serve food to 75 children and their parents at Cobb Elementary School
- Develop educational materials and presentations that teach easy and inexpensive ways to prepare a healthy meal

Tornado Clean-up Volunteer, Ohatchee, Alabama

April 2011 – May 2011

- Volunteered the weeks following the April 27, 2011 tornadoes
- Transported and distributed water and snacks to local churches and shelters for victims of the tornado

Student Page at the Alabama Dietetic Association Meeting, Montgomery, AL

March 2011

- Volunteered as a student page at the annual state Dietetic meeting
- Managed audio/visual equipment set-up, distributed handouts, provided refreshments to the speaker, and cleaned up at the conclusion of the seminar

Senior Luncheon Volunteer, Jacksonville, AL

July 2010 – Present

- Prepare, assemble, and serve lunch to 30 Senior citizens at St. Charles Catholic Church once a week

Memberships

- **Omicron Delta Kappa Honor Society** December 2012 – Present
- **Phi Kappa Phi Honor Society** May 2012 – Present
- **Apha Eta Epsilon Honor Society** April 2012 – Present
- **Anniston Runners Club** January 2012 – Present
- **Academy of Nutrition and Dietetics** January 2011 – Present
- **Alabama Dietetic Association** January 2011 – Present
- **Phi Eta Sigma Honor Society** April 2010 – Present
- **Dietetic and Culinary/Hospitality Club** August 2009 – Present

Awards

- **The Dr. Virginia Yocum Scholarship Recipients** April 2012
- **Outstanding Performance and Certificate of Achievement Award For Participation at the Jacksonville State University Student Research Symposium** February 2012
- **Certificate of Achievement from Phi Eta Sigma Honor Society in Recognition of Outstanding Scholarly Achievements** April 2011
- **American Business Women's Association Cheaha Chapter Scholarship Recipient** May 2009
- **Grand Lodge of Free and Accepted Mason of Alabama Scholarship Recipient** April 2009-2011