

Aya Sammak

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EDUCATION**2021****Lebanese American University**

Special Student – Not Working for a Degree

Fall 2021 – To complete all premedical course requirements.

GPA: 3.83

2017 – 2019**American University of Beirut**

Bachelor of Science in Nutrition and Dietetics

Dean's Honor List Recipient – Every semester (six in total)

Date of Graduation: Spring 2019-2020

GPA: 3.71

2010 – 2017**Rawdah High School**

Lebanese Baccalaureate Diploma, Life Sciences - Graduated with Distinction

EXPERIENCE**Dec 2021 - Present****Research Assistant – Center for Research of Population and Health**

Responsible for the neighborhood mapping component of the IDRC project on School and Community Drivers of Child Diets in which I supervise data collectors that scope an area measuring 800 meters around the school – totaling 37 schools. I am responsible for training the data collectors, monitoring the field work, and recruiting ArcGIS mapping experts to ensure proper workflow. Actively assist other components in this project including supervising and monitoring child and parent questionnaires, anthropometric measurements, director interview, etc. Also implicated in data cleaning, reporting, and preliminary analysis, using multiple softwares such as STATA.

May – Aug 2021**Outreach Worker at Makhzoumi Foundation - UNICEF**

Scoped several areas around Beirut and Mount Lebanon, collected data about the residents' overall health and wellbeing, provided free mental health, lactation, and nutrition consultations for those of immense need, distributed free micronutrients to children between the age of 6 months and 5 years, provided guidance discussing adolescent mental health, and discussed topics related to pregnancy, breastfeeding, and IYCF as per the situation at hand.

September 2020 – April 2021**Clemenceau Medical Center – Dietary Department**

Undergoing a six-month training program revolving around the different rotations that are subdivided into different sections, covering the entirety of the services in the hospital. During the Food Service rotation, I got to see the mechanism used for Purchasing, Receiving, Inventory, Production, Retail and Customer Service. During the Clinical Nutrition rotation, I got to see the Nutrition Care Process applied in depth, perfecting the Assessment, Diagnosis, Intervention, and Monitoring/Evaluation sections. I completed all rotations covering: Medical, Surgical, Oncology, Dialysis, Maternity, Pediatrics, ICU, and CCU.

Jun – Aug 2018**Freelance Tutoring**

Tutored Biochemistry during the Summer of 2018 in AUB by recommendation of Dr. Imad Toufeilli

Jun 2015 – Aug 2018**Caretaker at Infant Zone**

Worked summers at Infant Zone, a Children's Care Center in Beirut, where I was assigned to care for children between the ages 2-month-olds and 7-year-olds. It was a 7-hour shift where I engaged in organizing activities and assignments on a scheduled basis.

VOLUNTEERING

Research volunteer in Microbial genomics lab LAU (Project: genomic surveillance of SARS-CoV-2 in Lebanon) – Volunteer **Dec 2021 - Present**

Skills:

- Whole viral Genome sequencing of SARS-CoV-2 via ONT minion NGS
- ONT library preparation
- Multiplex PCR
- Bioinformatics skills: minION related software (minKNOW), command-line tools.
- Metadata handling and management
- Participated in sequencing 100+ SARS-CoV-2, generated consensus files, and assigned lineages.
- Planning to undertake future projects in the microbial genomics lab

Medical Research Volunteering Program – Volunteer & Researcher **2019 - Present**

Taking part in the Medical Research Volunteering Program organized by AUB to research IRB-approved studies. Currently working on data collection and analysis for two upcoming projects under the supervision of an attending MD at AUBMC.

Lebanon For You – Volunteer **2020 - Present**

Conducted nutritional counseling for individuals registered at Lebanon For You, a non-profit establishment organized to provide free nutrition and psychology counseling sessions. Took the responsibility to counsel individuals for any nutrition-related concerns and provided them with adequate educational material.

Beit el Baraka – Volunteer **2021**

Spent a couple of days wrapping packages of produce with local volunteers, to be distributed to seniors in need

ASCE Summer Volunteering Camp - Volunteer **2019**

Volunteered in renovating a secluded neighborhood in Batroun to help strengthen the touristic component of it. I was responsible for scraping and painting the walls, with wet paint and/or monocouche.

Ebad Al Rahman Mosque - Volunteer **2019**

Volunteered to assess individuals, analyze the results, and provide them with the necessary advice to enhance their dietary habits and lifestyles. Attendees were educated according to their PMH/PSH and nutrition-focused physical findings.

Al-Ghina NGO - Member **2019**

Aided the organization in preparing Ramadan Iftar held for orphans and widows. Took responsibility in preparing entertainment events held during the gathering.

Nutrition Student Society stand at AUB Outdoors – Member & Organizer **2019**

Prepared and led the educational activities at the Nutrition Student Society stand to help raise awareness in nutrition-related issues such as diabetes and hypertension.

AWARDS

Valedictorian Speaker

Chosen to give the Valedictorian speech during *Rawdah High School's* annual graduation ceremony in 2017.

Leadership Award

Recipient of the **Leadership Award** during the *Rawdah High School's* annual graduation ceremony in 2017.

Lebanese Tournaments – Futsal

1. Won the **gold medal** at the *Females Lebanese Futsal Tournament* in 2015, for females born after the year 2000.
2. Won the **silver medal** at the *Females Beirut Futsal Tournament* in 2015, for females born before the year 2000
3. Won the **gold medal** at the *Females Futsal Tournament* at Universite Antonine.

CERTIFICATES

Certificate of Competency: Basic Life Support in accordance with American Heart Association Guidelines for Resuscitation 2015

Certificate of Completion: Biomedical Research via CITI program, Medical Terminology Course, Evidence Analysis Library Modules, Academy Nutrition Care Process (NCP) Tutorial Modules, Nutrition Care Manual, ASCE's Annual Summer Volunteering Camp, Model United Nations at LAU

Certificate of Recognition: Lebanon For You

Certificate of Attendance: Lebanese Society of Endocrinology, Diabetes, and Lipids (LSEDL) – Obesity Day 2021

Certificate of Participation: Chronic Kidney Disease and Chemotherapy by The Academy of Nutrition and Dietetics

SKILLS & INTERESTS

COMPUTER SKILLS: MS Word, MS Excel, MS PowerPoint, NutriPro, Nutrilog, ArcGIS Collector, Survey123, Kobo Collector, STATA SPSS.

PERSONAL SKILLS: Surveying, Communication & Interpersonal, Project Management & Collaboration, Leadership

LANGUAGES: Arabic (Native or Bilingual proficiency), English (Bilingual proficiency)