

JANE M. SMYTHE

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Education

Lock Haven University of Pennsylvania
B.S., Health Science, May 2013
Community Health Track
GPA: 3.4

Certified in First Aid, American Red Cross

Educational Highlights

- Studied the various psychological factors that influence the rehabilitation process and the use of goal setting techniques, relaxation training, mental imagery, social support techniques, and pain management techniques.
- Developed the professional skills necessary to assess, plan, implement, coordinate and evaluate health education programs and services.
- Familiar with qualitative and quantitative assessments used to assess the efficacy of health education programs.
- Hands-on experience with grant writing.

Related Field Experiences

Moshannon Valley YMCA, Philipsburg, PA Fall 2012

- Shadowed the program director for 120 hours
- Supervised children ages 5 – 15 in an after-school program
- Planned age-appropriate, health and fitness related activities
- Assisted with the day camp, basketball camp
- Organized a food drive program and community holiday program

Geisinger Medical Center, Philipsburg, PA Spring/Summer 2012

- Shadowed a PA, Pediatrician and Physical Therapist for 80 hours
- Designed a brochure on the new, recently opened, cholesterol clinic
- Created a nutrition pamphlet aimed at young children and assisted with a presentation at the local school

Clearfield Hospital, Clearfield, PA Fall 2011

- Shadowed Physical Therapists and Occupational Therapists for 40 hours
- Assisted in daily activities with patients recovering from surgeries
- Assisted patients during therapy sessions and observed various techniques
- Cared for patients with hip replacement, sutures, arthritis and other physical limitations

Other Experience and Skills

Cen-Clear Child Services, Clearfield, PA Aug. 2008-April 2012

- Worked directly with the public providing information
- Performed general clerical duties

Microsoft Office: Word, Excel, Access, PowerPoint, Publisher

Community Service and Activities

Relay for Life	2007-present
Big Brothers Big Sisters	2009-2013
Safe Haven	2010-2013
Health Science Club	2009-2013