EDUCATION

Bachelor of Kinesiology

Bachelor of Arts in Dance

University of Calgary

- Alexander Rutherford Scholarship
- President's Admission Scholarship
- Jason Lang Scholarship 2023-2025
- Shirley C. Murray Scholarship
- Faculty of Arts and Faculty of Kinesiology Dean's List 2022-2024

RELATED EXPERIENCE

Summer Undergraduate Research Programme - Student Researcher:

The Chinese University of Hong Kong, Hong Kong SAR

- Supervisor: Prof. Yijian Yang
- Project: Kinematic Analysis of Forehand Badminton Smashes in Collegiate Badminton Players
- Investigated differences in range of motion, post-impact shuttlecock speed and accuracy across three types of badminton smashes.
- Utilized 3D motion capture technology (Noraxon Ultium Motion) and video analysis (Tracker) to gather and analyze data

Sport Injury Prevention Research Centre - Research Assistant:

University of Calgary, Calgary, Canada

- Engaged in research focused on injury prevention for studio and pre-professional dancers
- Led data collection stations, measuring joint range of motion, balance, and muscle strength assessments

School of Creative and Performing Arts (SCPA) - Research Assistant

University of Calgary, Calgary, Canada

- Contributed to carbon footprint analysis for the SCPA
- Generated synthesis reports and organized documents for future use
- Created a logo/name for the research group and produced social media content

Rehabilitation and Fitness Program Volunteer

University of Calgary, Calgary, Canada

- Assisted with one-on-one training sessions with clients with chronic physical disabilities
- Helped to improve independence through rebuilding strength and range of motion

WORK EXPERIENCE

Dance Teacher

Zhaoli Dance School, Calgary, Canada

- Developed age and level-appropriate dance curricula to cater to individual learning styles
- Designed and choreographed dance routines for competitions and recitals
- Taught in a bilingual format: English and Mandarin

September 2022-present September 2022-present

July-August 2024

October 2023-August 2024

January 2020-present

September 2023-present

May 2024-Present

- Scheduled and coordinated rehearsals and performances
- Created content for social media promotions
- Communicated with parents regarding student progress

ESL Tutor

- Instructed one-on-one English as a Second Language lessons, focusing on grammar, vocabulary, pronunciation, • and communication skills
- Assessed progress and adapted teaching methods accordingly

LEADERSHIP EXPERIENCE

Volunteer Research Assistant

University of Calgary, Calgary, Canada

- Research: Annual Pre-Season Screening Program at the Alberta Ballet School
- Research: Youth Dance Study

Led and scribed data during the joint range of motion, balance, and muscle strength assessments

Peer Leader

East Side Dance Festival+, Calgary, Canada

- Led informative and engaging campus tours, showcasing the university's facilities and programs to prospective students.
- Coordinated interactive meetings with students from local high schools

VP of Finance

UC Dance Company, Calgary, Canada

- Collected membership and fundraising funds and oversaw the payment of club supplies and studio bookings
- Maintained detailed spreadsheets to track the club's earnings and expenses •

Dancer

UC Dance Company, Calgary, Canada

- Collaborated with a diverse team of dancers to rehearse and perfect routines for upcoming performances during athletic events
- Volunteered at club-sponsored fundraising events supporting various charitable causes

Finance Officer

Prospective Medical Professionals - PuMP Calgary, Calgary, Canada

- Proactively approached local businesses to secure sponsorships or donations for PuMP events •
- Utilized various communication platforms to engage with businesses and effectively promoted PuMP initiatives • and opportunities

ATHLETIC ACCOMPLISHMENTS

Dance:

- Achieved a mark of Distinction on the Advanced 2 Ballet exam of the Royal Academy of Dance •
- Graduate of the pre-professional ballet program at Edge Studio
- Elite Platinum and Taoli Honors Award at the Taoli World Dance Competition Final 2023

May 2023-Present

January 2024-Present

September 2022-Present

May 2023-June 2024

2012-Present

November 2022-June 2023

January 2023-Present