

FLORA CRUICKSHANK

99 Meston Street, Aberdeen, AB24 3TU

f.cruickshank.23@abdn.ac.uk | 07987 654321 | www.linkedin.com/florac

EDUCATION

MSci Biomedical Sciences (Physiology) with Industrial Placement, University of Aberdeen 2023 – 2028

Courses studied include:

- **Year 3 (current):** Integrative Physiology, Cardiovascular Physiology and Pharmacology, Neuroscience and Neuropharmacology, Epithelial Physiology.
- **Year 2:** Physiology of Human Cells (A4)*, Molecular Biology of the Gene (B2), Human Anatomy (A3), Foundation Skills for Medical Sciences (A5), Physiology of Human Organ Systems (B1), Energy for Life (B1), Human Anatomy (A2), Research Skills for Medical Sciences (A3)
- **Year 1:** Chemistry for the Life Sciences 1 (A3) and 2 (A2), The Cell (A4), Introduction to Medical Sciences (A3), Fitness, Performance and Survival (B2), Understanding Data (A5), Science and the Media (B3)

(*University of Aberdeen [Common Grading Scale](#): First Class Honours A1-5; Upper Second Class B1-B3; Lower Second Class C1-C3. A full transcript is available on request.)

Castle High School, Edinburgh 2017 – 2023

- **SQA Advanced Highers:** Biology (B), Chemistry (C)
- **SQA Highers:** Biology (A), Chemistry (A), Maths (A), Geography (B), English (B)

WORK RELATED SKILLS

Lab/Technical

- Competent in laboratory techniques such as pipetting, microscopy, staining and colorimetry.
- Developed practical lab skills including DNA extraction, PCR, ELISA & Gel electrophoresis.
- Confident at learning new techniques and enjoy working safely within a laboratory environment.

Communication

- Deliver presentations to classmates and academic staff as part of my degree.
- Written skills have been developed and enhanced through researching laboratory reports and essays.
- Created poster presentation to communicate project findings as part of *Energy for Life* course.
- Working in a restaurant and summer camp has ensured I communicate clearly and confidently.

IT/Digital Skills

- Confident user of MS packages, including Teams, Excel, PowerPoint and Word.
- Completed introductory courses on Code Academy in Python and Data Science.
- Created poster presentation using Canva for a positive visual effect.

Teamwork

- Organised an overnight camp-out with two other Camp Counsellors, risk assessing and ensuring the safety of 30 participants while supervising wilderness skills activities including cooking by campfire.
- Undertaking a remote internship in a team of six, two of whom were overseas, required regular communication to ensure the team successfully delivered the brief for the organisation.

Leadership

- As a committee member for Biomedical Sciences society, contributed to committee meetings and taken a leadership role in delivering a programme of events, which required problem solving, decisiveness and clear communication with the wider society.
- As a Class Rep, liaised with classmates to gather course feedback and advocate for changes at the Staff Student Liaison Committee.

RELEVANT WORK EXPERIENCE

ABDN Internship: Alzheimer's Scotland

Summer 2025

- Tasked as a project team of six to develop an educational resource pack, promoting awareness of the charity's drive to net-zero. This had a strategic aim of increasing awareness of their sustainability goals.
- Developed strong teamwork, time management and communication skills, as the project required remote working.
- Conducted a data gap analysis on Excel and used Canva to create engaging materials that could be used by colleagues and volunteers in the society.

STEM Communicator, TechFest, Aberdeen

May 2025

- Demonstrator at a range of science workshops for primary and preschool aged children in Aberdeen during a week-long science festival.
- Communicated complex physiological processes (such as digestion) in an age-appropriate way.

OTHER WORK EXPERIENCE

Camp Counsellor, Camp Timbercrest, NY (Camp America)

Summer 2024

- Counsellor at all girls' residential summer camp in New York State.
- Supporting small groups of girls in their cabins, organised evening activities, games sessions and created craft-based science workshops, e.g. kitchen roll chromatography.
- Learned how to ride the camp's horses western style and travelled independently in New York state after camp had finished.

Waitress, Pizza Express, Aberdeen

October 2023 – May 2024

- Oversaw food and drinks orders within a busy family restaurant, managing my time effectively alongside the demands of my university course.
- Worked as an efficient member of the restaurant team to serve meals within an appropriate time scale.

PROFESSIONAL MEMBERSHIP

Student member of The Physiological Society

INTERESTS & ACHIEVEMENTS

University of Aberdeen Biomedical Sciences Society: Events Organiser

- Committee member of active student society, organising regular events and talks throughout the academic year.
- Partnered with second society to deliver a joint end of session ball: together with their Events Organiser sourced venue, arranged the hospitality package and booked a local ceilidh band. We exceeded the target ticket sales and the event was a success.

University of Aberdeen Volleyball Team

- Team member, attending weekly practices, matches and participate in social events.

University of Aberdeen Class Rep

- Elected as Class Rep in first year (*Introduction to Medical Sciences*), acting as a link between students and academic staff to improve the student learning experience.

REFERENCES

Available on request