

## SONIA SAMPLE

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### EDUCATION

2019-20                      **University of Aberdeen**                      **MSc Human Nutrition**

This course is run in collaboration with the world renowned Rowett Institute of Nutrition and Health and is accredited by the Association for Nutrition. The topics covered include dietary assessment, macronutrients, energy balance and metabolism, micronutrients, nutritional status and body composition, nutrition throughout the lifecycle, diet and disease, computing and applied statistics.

Dissertation: Protective elements in a cancer prevention diet: the contribution of cruciferous vegetables.

2013-17                      **European University Cyprus, Cyprus**                      **BSc Nutrition and Dietetics**

The degree meets the requirements of the European Federation of the Associations of Dietitians, the Academy of Nutrition and Dietetics - USA, and the Health and Care Professions Council – UK. Gained a comprehensive understanding on human biology and behaviour of healthy and clinical populations as well as on issues related to the chemical composition, analysis and metabolism of food. The program included specific topics on nutritional assessment and counselling practices and presented practical applications of food science and technology in industry, the community, clinical settings and the field of health and wellness in general.

### RELEVANT WORK EXPERIENCE

Aug 2018 – Jul 2019      **University of Athens**                      **Research Assistant**

Member of a 12 person team working on a Wellcome Trust funded project investigating links between the supplementary use of oral digestive enzymes and probiotics as anticancer dietary measures. I was responsible for recruiting volunteers (both healthy control subjects and those already diagnosed with various cancers) and for initial analysis of blood samples.

Jan – July 2018              **Agetis Supplements Ltd., Limassol, Cyprus**                      **Junior Associate**

The company specialises in nutraceuticals (food supplements which provide health benefits in addition to their basic nutritional value). Worked as a Junior Associate in the Research and Development Laboratories to determine the medicinal benefits of Evening Primrose Oil and Fish Oil. In addition to improving my laboratory techniques and scientific report writing I gained a good overview of the manufacturing process and the essential role of quality assurance requirements.

Aug – Dec 2017              **Athens Education Department**                      **Nutrition Volunteer**

Volunteered in several schools running weekly workshops on Healthy Eating and Nutrition in After School Clubs. Attendances varied but usually there was a core of around 20 pupils from each school. This experience developed my confidence in public speaking and was also useful in training me to deliver concepts at an appropriate level for the audience. It also improved my cooking skills as I often demonstrated how to prepare and cook balanced and nutritious meals.

## WORK RELATED SKILLS

### Laboratory

- High awareness of Good Laboratory Practice and always operate safely.
- Experience in microscopy, Western Blot, gel electrophoresis, aseptic techniques, Ni-NTA affinity chromatography, MTT cytotoxic assays, calorimeters and streak plates.
- Competent in use of Gilson pipettes, Hickman Still and reflux apparatus, vortexing and centrifuging.

### Teamwork

- At the University of Athens and at Agetis I worked collaboratively with other colleagues and external clients.
- I learned the value of sharing ideas and expertise for the benefit of the whole project.
- Communication is key to accomplishing team tasks at work and in my volleyball team.

### Organisation

- Plan ahead to ensure that deadlines are met and timescales are realistic.
- Prioritise work but try to ensure a work/life balance particularly this year to gain additional voluntary experience and explore a new country and culture.

### IT and Research

- Experienced using Excel and Matlab for data analysis.
- Confident using MS Word, and PowerPoint for reports and presentations.

## OTHER EXPERIENCE

Nov 2019 – present

### **Volunteer, Institute of Medical Sciences, Aberdeen**

- Assist one of my lecturers with her research
- Perform gel electrophoresis to separate mixtures of DNA, RNA and proteins

Sept 2019 – present

### **Volunteer, Rowett Institute of Nutrition and Health**

- Taking part in several nutrition surveys has given me an excellent insight into the subject side of research.

Sept – Dec 2017

### **Sales Assistant - The Farmacy, Athens**

- Working in this organic retail delicatessen developed my skills in customer service.
- Enhanced my communication skills providing clients with expert nutritional, herbal and supplement advice.

## INTERESTS

To relax I mainly participate in sports and played volleyball for my University team in Cyprus and have joined the local Beacon Club in Aberdeen where I train twice a week.

I am also a member of the University Greek and Cypriot Society and have helped out with creative cooking workshops to demonstrate our food culture.

## REFERENCES

Available on request.