

SOPHIA ZANDEL

Seattle, WA soniazandel@gmail.com

EDUCATION

B.S. Nursing

Seattle University

- Alfie Scholarship – 2019 Cohort
- Messina Scholarship

Expected Jun. 2021
Seattle, WA

Associates of Science

Seattle Central College

- Phi Theta Kappa honor society member
- Dean's and President's lists, 2017-2019

Jun. 2019
Seattle, WA

SKILLS AND CERTIFICATIONS

CNA License # NAC.NC.60898926 - WA State Department of Health

HIV/ AIDS Training - Certified Nursing Assistant Institute - Shoreline, WA

BLS- CPR Training - Westcoast CPR Training - Shoreline WA

expires Dec. 2019
June 2017
expires Jun. 2020

NON-ENGLISH LANGUAGE PROFICIENCY

Hebrew - Mother tongue, **Russian** - Fluent, **Italian** - Intermediate conversational

CUSTOMER SERVICE

Coordinator

Lech Lechà (NGO) - Post-Military Mentoring Program

- Coordinated retreats around Israel and abroad for groups of approximately 20 young adults, providing help and support to individuals in the program and staff members.
- Mentored about 8 young women by providing personal counseling and support.

Sep. 2015 – Sep. 2017
Petah Tikva, Israel

Waitress and Barista

Roladin - Coffee and pastry shop

- Assisted customers by kindly serving them and accommodating their needs to insure a positive restaurant experience.

March. 2012 – Jan. 2013
Lod, Israel

Customer Service Agent

Ben Gurion Airport

- Provided excellent customer service for up to 900 passengers a week, by warmly greeting them and resolving issues to insure a pleasant check-in experience.

Sep. 2011 – Feb. 2012
Lod, Israel

Sergeant, Unit Commander

Israeli Defense Forces

- Responsible in border control security for alien objects detection.
- Managed scheduling and promptly attended to the needs of a team of 30 soldiers, to provide an efficient service.

Apr. 2009 – Aug. 2011
Mount Meron, Israel

HEALTHCARE EXPERIENCE

COPE Health Scholar

Jan. 2018 – Feb. 2019
Seattle, WA

First Hill Swedish Hospital (300 hours)

- Volunteered on five hospital floors. Collaborated with patients, families, and the healthcare team in order to provide excellent patient care.
- Assisted patients with basic needs such as feeding and ambulation, by providing a safe, patient-focused environment.
- Assisted nurses in taking blood pressure, measuring heartbeat and recording vitals.

CNA Clinical Training

July 2018
Seattle, WA

Foss Home & Village (57 hours)

- Assessed fifteen residents' health and addressed their basic needs such as feeding, ambulating and cleaning with care and sensitivity to provide a comfortable living environment.

COMMUNITY SERVICE AND INVOLVEMENT

Food Pantry Volunteer

Oct. 2017 – present
Seattle, WA

Bread of Life Mission

- Served food to a hundred customers a night while providing welcoming and caring setting.

Safety Care Volunteer

Dec. 2017 – Aug. 2018
Seattle, WA

Live Healthy Find Hope Project (Needle Exchange & addict outreach)

- Provided information, food, and needle exchange services for homeless people on the streets of Seattle, serving about 50 people a night.

Hospitality Volunteer

Sep. 2016 – Sep. 2017
Tel-Aviv, Israel

Red Carpet

- Demonstrated hospitality and care to victims of human trafficking by building trust-based relationships and providing basic-needs care to a group of 20 victims, creating a humane environment and a safe space.

LEADERSHIP & TEACHING

Serve the City Team (Leader),

Oct. 2018 – present
Seattle, WA

Reunion Church

- Leading the community in serving the neighbourhood and the city, through coordinating volunteering opportunities and partnering with several organizations in the city.

Outreach Trip Group Leader and Organizer

Sep. 2016 – Sep. 2017
Israel/Uganda

- Led a group of 11 people to serve the needs of a local community in Uganda.
- Helped out in building a new school and organizing programs for kids in the community.

Summer Training Crew Unit Leader

June – Aug. 2016
Schroon Lake, NY

The Ranch - summer camp

- Managed the working staff of a summer camp by providing counselling, support and leadership for a group of 25 people aged 14-21.