

Cara Kowalchyk

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EDUCATION

Wake Forest University, Schools of Biological Sciences and Anthropological Studies

Winston-Salem,

NC

Bachelor of Arts in Biology and Major in Anthropology

May 2015

- GPA Cumulative 3.353 – Dean’s list (3/8 semesters)
- Lambda Alpha Honor Society

Breck High school

Minneapolis, MN

May 2011

- Minneapolis scholar of distinction in science award (2011)
- Stockholm Junior Water Prize state winner (2011)
- Selected for tri-state junior science and humanities symposium
- United States Army Award (TCRSF)(2011)
- United States Department of Agricultural research award (2011)

PROFESSIONAL EXPERIENCE

VIP Pet Care

Raleigh, NC

Clinic Assistant

August 2016-current

- Worked as cashier and check in which involved interacting with clients and pets.
- Technical assisting included vaccinations, microchipping, and restraining.

Old Vineyard Behavioral Health Services

Winston Salem, NC

Receptionist

August 2015-August 2016

- Managed visitation which involved interacting with and meeting the needs of both patients and guests
- Worked closely with other members of staff to aid them with projects
- Directed phone calls to appropriate departments

Wake Forest Field School

Lighthouse Reef, Belize

Marine Ecology Fieldwork

March, 2015

- Practiced valuable field techniques such as fish identification and survey, and coral bleaching survey
- Captured and measured specimens of *Kryptolebias marmoratus* for future research
- Eliminated individuals of the invasive species Lionfish to restore the natural food web
- Explored the ecological importance of different environments such as mangroves, coral reefs, and sea grass beds
- Worked on a proposal for the study of biological indicator species and heavy metal pollution in the ocean

Wake Forest Field School

Rio Maior, Portugal

Archaeological Fieldwork

June – August, 2013

- Practiced valuable excavation techniques, site/profile mapping, regional site prospection, survey orienteering, basic stratigraphy, sedimentology/environmental reconstruction, artifact recording/stabilization, and introductory laboratory analysis
- Discovered artifacts from an early human site
- Carefully uncovered part of a Roman mosaic with chisel work from the site of a Roman Villa
- Gained valuable experience working as a member of a team of both students and local Portuguese

University of St. Thomas

Minneapolis, MN

Research Assistant

Summer 2010

- Collaborated on a project, working in the Microbiology Department under the supervision of Dr. Jayna Ditty.
- Determined that the bacteria *P. putida* Ful1 can be used in bioremediation of toxic furan compounds which are carcinogenic agricultural byproducts.
- Succeeded in having my work publicized by the journal of Applied and Environmental Microbiology, “Chemotaxis to Furan Compounds by Furan-Degrading Pseudomonas strains”
- Explored various lab techniques as well as professional presentation of the project

LABORATORY SKILLS

Biological

- Experience with agarose plug and capillary assays for chemotaxis
- Bacterial identification, Spectrophotometry; PCR; DNA/RNA extraction; Transposon mutagenesis

- Coral, fish, and aquatic invertebrate identification, Fish survey, Coral Bleaching survey, Lionfish capture, Mangrove rivulus sampling,
- Fungal identification and sampling for analysis of indicators of air pollution

Statistical

- Proficient with the statistical program R and excel for running tests such as chi-square, t-tests, ANOVA, simple and multiple linear regression, logistic regression, and graphical models.

Anthropological

- Practiced in archaeological survey and sample methods, and am field school certified
- Excavation techniques such as handling mosaics, digging natural and artificial levels, orientating artifacts three dimensional space, using a construction level and datum, using a Munsell soil chart, and dry screening techniques
- Ethnographic research with participant observation

ACTIVITIES AND VOLUNTEER EXPERIENCE

Activities

- Member of Kappa Alpha Theta, Zeta Omicron chapter where we promote scholarship, leadership, service and presentation

Volunteer

Humane Society: Assisted staff with animal care and organized activities to bring the dogs on Wake Forest campus

CASA: Fundraised and promoted understanding on campus

Theta Foundation: Our fraternity strives to promote the ideals of a leading women and therefore fundraisers for scholarships for our members

Rustic Pathways, Fiji: Educated children about English. Constructed a home in the village. Volunteered at a local soccer tournament with some of the children and fundraised.

Rustic Pathways, Peru: Introduced a recycling program to rural villages. Rebuilt a community center for education of adults about health and living.

Personal Accomplishments

Climbed Mt. Pisco (5750m) as well as intensive backpacking in Peru. Study abroad semester in London Fall 2014.

References available upon request