

Laura Connolly

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PROFESSIONAL SUMMARY

Motivated, hard working registered nurse, with experience in clinical settings and first aid application. As a student nurse I have clinical experience working with patients, reading medical charts and orders, as well as giving meds, charting my own assessments, and giving direct patient care. My passion for helping others started in highschool when I worked under the personal trainer overseeing athletes from my highschool. I then became a head lifeguard at Rancho Colorados Swim Club and was often in charge of training and overseeing junior lifeguards. Aside from first aid work, I have leadership skills learned from being president of the Waterski club at Sacramento State where I organized tournament trips and oversaw members. I also work as a server and bartender in a restaurant and have become used to the fast paced and short staffed conditions that hospitals have been facing as well. Throughout all my jobs I worked directly with patients, members, customers, superiors, and athletes to answer questions, provide care, and keep everyone safe and organized.

EDUCATION

Acalanes High School. Lafayette, California
— *high school diploma: GPA (weighted) 3.7*

June 2017

CSU Sacramento. Sacramento, California
— *Bachelors of Science in Nursing, 2 year program: GPA 3.859*

May 2021

EXPERIENCE

Clinical Experience. Student Nurse

August 2019- May 2021

| | | |
|------------------------|----------------------------|-------------------------|
| Med Surg and Tele | Mercy Hospital Folsom | Fall 2019: 90 Hours |
| Mental Health | Woodland Memorial Hospital | Spring 2019: 90 Hours |
| Med Surg and Tele | Mercy General Hospital | Summer 2020: 120 Hours |
| Obstetrics | Mercy San Juan Hospital | Fall 2020: 80 Hours |
| Pediatrics | UC Davis Med Center | Spring 2021: 80 hours |
| Community Health | Mexican Consulate | Spring 2021: 90 hours |
| Community Health | CSUS Covid Clinics | Spring 2021: 36.5 Hours |
| Med Tele Preceptorship | Kaiser South Sacramento | Spring 2021: 183 Hours |

Capitol Health Services. Covid Testing Nurse

January 2022- Current

- ❖ Working in an office at the Sacramento capitol, covid testing those who work for the state on a consistent basis.
- ❖ Organize tests, input data, ensure any positive tests are immediately notified and individuals go into the necessary quarantine.

Applebees. Host, To-go Specialist, Server, and Bartender

May 2019- January 2022

- ❖ Welcoming and seating guests, taking orders, and helping train new employees
- ❖ Assist guests that are seated at tables or at the bar
- ❖ Make drinks for the restaurant as a whole

CSUS Simulation Lab Assistant. Student Assistant

January 2021- May 2021

- ❖ Work with staff and students to help run the simulation rooms for both nursing and paramedic students.
- ❖ Help set up mannequins and facilitate the planned practice simulation.
- ❖ Take part in debrief discussions and help clean up afterwards.

CSUS Student Mentor. Upperclassman Mentor

January 2021- May 2021

- ❖ Chose to be assigned a first semester student to help guide and give advice during the transition into nursing school.
- ❖ Support them throughout the experience in any way they need.

Sacramento State Waterski Sports Club. President

August 2017- December 2019

- ❖ First a member of the team, then voted to be president
- ❖ Organized team tournaments, meetings, and equipment
- ❖ Oversaw practices, team finances, and collaborated with the sports club director on campus

Rancho Colorados Swim Club. Head Lifeguard

May 2015- August 2018

- ❖ Work with others to keep members in and around the pool safe.
- ❖ Provide first aid to injuries, answer questions from members, clean and maintain the facility
- ❖ Oversee and train junior lifeguards.

Sherman Swim School. Lifeguard

July 2016- July 2017

- ❖ Lifeguarding for private parties only
- ❖ Keeping the facility clean and safe, overseeing swim tests before kids start to swim
- ❖ Provide any necessary first aid and help to the guests

Sports Medicine ROC Program. Student Assistant

September 2016-June 2017

- ❖ In my High School's sports medicine class I worked over 120 hours as a student assistant to the physical trainer at school sporting events
- ❖ give first aid and assist with various sports injuries, tape ankles and wrists if needed, and get water for athletes

Rancho Colorados Swim Club. In Water Swim Assistant

April 2014- September 2014

- ❖ Work in the pool with young swimmers while the coaches teach poolside
- ❖ Give tips and advice for better swimming form and oversee kids progress

Certifications

Naloxone Training Basics

— *Received September 2020, From Freedom Community Clinic*

Basic Life Support for Healthcare Providers

— *Received August 2021, From AHA*

Advanced Cardiac Life Support

— *Received December 2021, From AHA*

California Registered Nurse

— *Received August 2021, From BRN*

Certificates

Completion of Spanish Medical Terminology. CSU Sacramento

— *Fall 2020*

- ❖ “Completion of 24 hours of intensive spanish medical terminology”

Certificate of Academic Achievement. CSU Sacramento

— *The 2018-19 school year*

- ❖ “For exceptional academic success while effectively managing their role as a member and officer of a university-recognized sports organization”

Professional Organizations

California Nursing Student Association member. CSU, Sacramento Chapter

— August 2019- May 2021

American Nurses Association Active member.

— Since 2020