

**Mikayla Cleary**  
mikayla\_cleary@outlook.com  
678-923-9062

**HOME ADDRESS**

4783 Rabun Dr.  
Douglasville, GA 30135

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**OBJECTIVE**

Motivated individual ready to contribute my communication, problem solving, and knowledge of the field to help those who need assistance with improving heart function through exercise and maintaining a healthy lifestyle through healthy habits and nutrition.

**EDUCATION**

**Georgia State University**, Atlanta, GA-GPA 3.52

**Bachelor of Science**, May 2024

Major: BS in Exercise Science-cum laude (Accredited CAAHEP Program)

**Chapel Hill HS**-Class of 2019 HS Diploma

**CERTIFICATIONS**

**BLS-American Heart Association**, July 2023 - present

**American College of Sports Medicine – Certified Exercise Physiologist**, April 2024

**ACLS-American Heart Association**, Aug 2024- present

**WORK EXPERIENCE**

**PT Solutions**, October 2024-Present

- Assisting patients with moving to and from treatment areas, dressing and undressing, and putting on and removing supportive devices.
- Providing the necessary materials and equipment for patients to perform therapy.
- Preparing the treatment area: Cleaning, organizing, and disinfecting treatment areas and equipment
- Performing clerical tasks: Answering phones, scheduling patients, taking inventory, ordering supplies, and filling out forms
- Educating patients: Instructing and motivating patients in exercises and activities, and educating patients and their families about follow-up

**Reflection Leasing Office**, April 2023-September 2024 (while in school)

- Take calls, help prospects and residents with questions, and make sure the facility is running smoothly.
- Discuss billing and lease agreements with residents.
- Take prospects and parents on tours.
- On call twice per month for arising issues.
- Plan activities for residents.

**Amazon**, May 2020-January 2023 (while in school)

- I worked in fulfillment where I handled packages, sorted packages and handled returns.

**KSU Commons**, September 2019-February 2020 (while in school)

- I was a barista for the school's cafeteria where I served drinks and desserts.
- Assisted students and professor with food selections.
- Restocked drinks and desserts when food was low.

**Church of Chapel Hill**, June 2017-August 2017 (while in school)

- I looked after children from the ages of 2-10 and helped them with activities.
- Sang children songs and read children story books.
- Went on field trips with age-appropriate children to zoo, museums, parks, and botanical garden.

## **INTERNSHIPS**

### **Georgia State University Football Athletic Trainer**

- For the Spring 2024 semester, I did these daily tasks.
  - tape ankles and wrists before practice
  - set up and break down field before and after practice
  - administer X5 and ice therapy to players after practice
  - ankle isometrics to warm up muscles
  - helped players with therapy tasks they were assigned
  - do laundry when needed

## **VOLUNTEERING**

### **BenchMark Physical Therapy, 2024-Present**

- Observed patient evaluations
- Assisted with patient physical therapy exercises
- Wiped down equipment and organized them after use
- Take inventory of test kits

### **Georgia Transplant Foundation, 2020-Present**

- I work at an annual fundraiser for the foundation where all proceeds go to kidney transplant patients.

### **Bill Arp Falcons Cheerleading, September 2018-December 2018**

- This program was for kids 10 and under to cheer and compete.
- I helped create a routine for the kids and helped them improve their cheerleading skills.

### **Chapel Hill High School Cheerleading, June 2019-August 2019**

- I helped the Chapel Hill HS competition cheer team with skills and assisted the coach.

## **HONORS/AWARDS**

### **Homecoming Queen, October 2018**

- The student body and teachers at Chapel Hill High School elected me because I was a well-rounded student that represented the school

### **Hope Scholarship Recipient, August 2019-Present**

- I received this award to help pay my college tuition. I maintain above a 3.0 GPA to continue receiving this scholarship.

### **Georgia Kidney Transplant Scholarship**

- This scholarship is for those who know of someone who has had a kidney transplant. I also maintain a certain GPA to continue receiving this scholarship.

## **ACTIVITIES**

### **Georgia State University Cheerleading 2021-2023**

- I cheer on the school's football, basketball, and volleyball teams. I also do appearances for special events throughout Atlanta.
- Captain for the 2023-24 season.