

# Caroline 'Grace' Pennington

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## Education

University of South Carolina, Columbia, SC  
Bachelor of Science in Exercise Science

Graduation Date: December 2022  
GPA: 3.87/4.00

## Work Experience

MUSC Cardiac Acute Care Unit, Charleston, SC

July 2023-current

### *Patient Care Technician*

- Perform all necessary patient care procedures, including taking and monitoring patient vital signs, assisting with patient transportation, and providing basic respiratory and tracheostomy care
- Assist patient during daily personal hygiene tasks, such as feeding, bathing, oral hygiene, skin care, and more
- Perform venipuncture for blood collection

Octapharma Plasma, Columbia, SC

January 2023 – July 2023

### *Physician Substitute*

- Interacted with the donors by welcoming them, registering them, and getting all relevant medical information
- Performed medical screening by taking blood pressure, temperature, weight, and performing a finger prick to measure hematocrit and protein levels of the blood
- Prepared the medical station by ensuring it met all safety standards, set up and take down of the machines, and assured that the donor was comfortable
- Collaborated with physicians to determine if donors were suitable for donation
- Performed phlebotomy and collected blood samples for testing

Copper Premium Pub, Lake Wylie, SC

May 2018 – August 2021

### *Hostess*

- Engaged with approximately 100 customers daily, while greeting, monitoring a wait list, and ensuring their overall satisfaction with the service provided
- Executed customers satisfaction by complying with national sanitation and safety standards/policies
- Delivered requests from the kitchen to the customers in a timely manner by following a computer system

## Volunteer and Leadership Experience

University of South Carolina, Columbia, SC

January 2022 – May 2022

### *Leadership – Organic Chemistry II Lab Assistant*

- Instructed 15-20 students alongside other teaching assistants on how to complete labs, gave instructions on nuclear magnetic resonance spectrometers, and demonstrated examples based on relevant classroom material

University of South Carolina, Columbia, SC

August 2019 – December 2022

### *Volunteer – Alpha Xi Delta*

- Raised around \$20,000 in 2022 for our Kindly Hearts philanthropy through Alpha Xi Delta sorority

### *Leadership – Alpha Xi Delta Junior Panhellenic Delegate*

January 2020 – December 2020

- Planned events to promote the unity of all sororities on the University of South Carolina campus, while organizing additional meetings and presentations weekly

## Additional Observation Hours

Lexington County EMS, Lexington, SC

June 2022 – June 2022

- Rode alongside medical technicians in the ambulance, while I evaluated patient's lung sounds, blood glucose levels, and temperatures before transporting patients to correct location in the Emergency Room

Prisma Health Orthopedics, Columbia, SC

January 2022 – April 2022

- Interned with an MD and PA, as a medical assistant, for 300+ hours where I guided patients to assigned rooms, recorded patient symptoms and vitals, and updated patient information in medical charts

Pediatric Surgical Associates, Charlotte, NC

September 2021 – September 2021

- Shadowed a pediatric general surgeon, while interacting with patients and overseeing procedures

## Professional Organizations

Exercise Science Club

March 2022 – December 2022

CPA Mental Health Committee  
Order of Omega Greek Leadership Honor Society

March 2022 – December 2022  
January 2022 – December 2022

**Awards, Honors, and Certifications**

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National and South Carolina EMT Certification	July 2022 – present
Adult and Pediatric First Aid/CPR/AED Certification	April 2022 – present
Enhanced LIFE Scholarship Recipient	August 2019 – present
Professional Association of Diving Instructors Open Diver Certification	June 2015 – present