

Caitlyn Ashdown  
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## EDUCATION

Brigham Young University, Provo, UT—January 2024–Present

- Current GPA: 3.9
- Major: Biology—Expected Graduation: April 2026
- Honors: Dean's List in the College of Life Sciences—Fall 2025

Highland High School, Gilbert, AZ—August 2017–May 2021

- GPA: 3.9 unweighted

East Valley Institute of Technology, Gilbert, AZ—August 2019–May 2021

- Completed Cosmetology License
- Recipient of a \$25,000 scholarship to continue training at ROLFS—May 2021

## WORK EXPERIENCE

Neuroscience Research Laboratory, Provo, UT—January 2025–Present

- *Group Leader for Lesion Network Mapping*—April 2025–Present
  - Direct and onboard new research assistants in finding clinical symptoms and conducting lesion network mapping.
  - Participate in a current research project on Cervical Dystonia.
- *Volunteer Research Assistant*—January 2025–April 2025
  - Began a research study doing network lesion mapping for Cervical dystonia.

Wedding & Event Services, Mesa, Arizona—2017–2023

- *Wedding Planner & Host Assistant*
  - Coordinated logistics, timelines, and vendor relations to successfully execute dozens of weddings and events over a six year period.

- Managed guest relations and day of operations to deliver seamless event hosting and client satisfaction.

## **LEADERSHIP**

### Humanitarian Experience (HXP), Chiang Mai, Thailand—May 2025–June 2025

- *Youth Trip Leader*
  - Served as the primary guardian and leader for 40 youth during an 5 week international humanitarian trip.
  - Led daily worksite operations and coordinated team labor to successfully build two primary school classrooms from the ground up, including trench digging, concrete mixing, and structural wall framing.

### Highland High School Athletics, Gilbert, AZ—2017–2021

- *Varsity Track & Field Captain 2020–2021*
- *Cheer Captain 2017–2018*

## **HUMANITARIAN SERVICE**

### Humanitarian Service, Éfaté, Vanuatu—May 2024–August 2024

- *English Teacher*
  - Dedicated 30–35 hours a week to teaching English to primary school children ages 3-6.
  - Developed specialized communication methods to bridge the gap with native Bislama-speaking students, accelerating their early language development.

### The Church of Jesus Christ of Latter-day Saints, Ventura, CA—May 2022–November 2023

- *Full-Time Volunteer Representative*
  - Devoted 1.5 years to full-time community outreach, participating in local service projects, and attending to the needs of community members.

### Humanitarian Service, Cape Verde, Africa—July 2017

- *Construction Volunteer*

- Spent 80 hours over two and a half weeks helping build a local school by mixing concrete, pouring structural walls, hauling materials, and painting.

## **EXTRACURRICULAR ACTIVITIES / HOBBIES**

- Varsity Track & Field 2017–2021
- Varsity Cheerleading 2017–2019
- Global Travel
  - Experienced international traveler, having traveled to over 30 countries across 6 continents.
- Piano 2006–Present

## **CERTIFICATIONS**

- Certified Personal Trainer (CPT) – Issued April 2022
- Certified Nutrition Coach (CNC) – Issued April 2022
- CPR Certified – Issued 2025
- Scuba diving Certified – Issued 2017