**Alexandra Rachael McGoran**

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**Out of term residence:** 28 Blenheim Road Sutton Surrey SM1 2PX

**Term time residence:** 31 Nightingale Shott Egham Surrey TW20 9SU

**PROFILE**

Volunteering during welcome week and as part of the EcoTales team allowed me to develop clear and confident communication skills. During which I encouraged students to partake in sports and societies and successfully recruited 16 new members to the previously small women’s rugby team. As a member of several sports teams I am an energetic individual who is well accustomed to team work. Being a student helper, with a disabled student, has shown me how to provide support to those struggling and taught me how to communicate in one to one and sensitive situations. I was compassionate to my student and was asked back during my Masters and won an award for my work as a student volunteer. Through my degree, volunteering and sports I have fantastic time management and organisation skills.

**EDUCATION**

2015 – 2016 **MSc Biology Masters by Research, Royal Holloway University of London**

Experience with: Stats R, Office, OneNote, DreamWeaver, ethics, risk assessments and COSHH forms, posters, oral presentations, bioinformatics and writing and submitting papers for publication.

2012 – 2015 **2:1** **BSc Biology, Royal Holloway University of London**

Final year project: Consumption of microplastics by flounderand smelt from the River Thames

* Patience and *problem solving* to adapt to difficult situations
* *Learned new techniques* quickly with a deadline

Final year dissertation: Fitness benefits and evolution of alternative mating strategies in animals

* Perseverance to continue
* Correct use of language to clearly and briefly explain points

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2005 – 2012 **Glenthorne High School, Sutton**

A LEVELS: A, A, B AS LEVELS: A, A, COPE Level 3

GCSEs: 4A\*, 8As, C

**SKILLS**

My Education has given me experience with:

* *Team work*
  + Pairs to large research groups
* *Presentations*
  + Given to classes and as assessments
* *Communication*
  + With peers and staff
* *Confidence* 
  + In my own abilities *individually*
  + *Communicating* as a *team*
* *Time management*
  + Reaching deadlines
  + Managing time between several current *responsibilities*
* *Public Speaking*
  + RHUL Science Festival 2015 and 2016 presented research in lab to public attendees
  + RHUL Charter Festival 2015 presented research to public attendees and taught children about pollution
  + Research project presented to research peers and academics
  + Jack Petchey Speak Out Challenge 2009 speaking skills training and practice
  + Head student speaking duties
* *Management*
  + RHUL Science Festival 2016 lead a team of volunteers in craft activities and manage large groups of children

**WORK EXPERIENCE**

**2015-2016, Student Helper Royal Holloway**: DUTIES – assisting a wheelchair-bound student in the practical labs and

note-taking for the same student and 2 students on the autistic spectrum SKILLS ACQUIRED - *organisation,*

*time management, interpersonal skills, team work, lab safety, being approachable, advising and*

*demonstrating skills.*

**2011-2012, 2015 Stansons:** DUTIES - Mail orders and preparing fabric samples for potential clients at short notice.

SKILLS ACQUIRED – *team work, time management, coping with stress, meeting deadlines, organisation*.

**AWARDS**

Passport award for extracurricular volunteering and skills work with RHUL. I have awards in art, maths, biology, physics, and media studies and contribution to the tutor group and for being a Head Student. As a Head Student I helped organiseevents, worked as a team and managed a group of workers.

**INTERESTS**

* Volunteering as part of a sports team and as a scientist: Work in schools, advertising to the public and volunteering on two occasions with EcoTales – an environmental group working with children and families. SKILLS ACQUIRED: *interpersonal skills, communicating to a variety of age groups, team work, working under pressure, dealing with several participants at once, keeping a happy appearance under stress, motivating others.*
* RHUL Women’s Rugby: played for three years, winning two BUCs cups consecutively as well as the BUCs League and LUSL League, achieving an undefeated year (2014/15).
* RHUL Lacrosse Women’s seconds, goalie: played in final year and during Masters year, *quick learner* approached for first team, *friendly* active member of the team.
* Karate: I have been doing karate for 10 years and have currently obtained a black belt first dan, having trained in two styles. Karate teaches *discipline*, *restraint* and the value of *hard work*.
* 9 years a member of the Girls Brigade Sutton: participating in the remembrance parade at Whitehall, and gaining badges in first aid, sign language, cookery, entertaining guests, the world and art.

**REFERENCES**

Professor Julia Koricheva

Tutor, Dissertation Supervisor and Lecturer at Royal Holloway

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