

# Christina Ball

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## SUMMARY

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- Passionate social justice advocate dedicated to creating sustainable programs addressing community health and wellness needs among underserved populations
- Strong work ethic and time management skills demonstrated by balancing competitive play as Division II student-athlete for two seasons with deep campus and non-profit community involvement

## EDUCATION

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*Bachelor of Arts in Social Justice and Cultural Studies: Advanced Cultural Studies* *June 2019*

Seattle Pacific University, Seattle, WA

- Minor in Health and Fitness
- Dean's List; 8 quarters

*Associate of Arts in Diversity/Globalism* *June 2017*

Highline College, Des Moines, WA

## EXPERIENCE

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*NCAA Division II Student-Athlete* *September 2017- Present*

Seattle Pacific University Women's Volleyball, Seattle, WA

- Support team success through 15 hours per week of training and competition
- Develop communication plan regarding team nutrition and hydration goals
- Lead tours of campus and athletic facilities for prospective students and families
- Serve as student-athlete panelist during visiting programs

*Peer Health Educator* *April 2018- Present*

Health and Wellness Initiative, Seattle Pacific University, Seattle, WA

- Facilitate 1-5 workshops per week on health related topics including nutrition, exercise, and stress management
- Collaborate with 5 team members to organize, coordinate, and market 20+ events
- Disseminate information regarding health resources available to students through presentations and tabling

*Lead Youth Team Mentor* *Spring 2017, 2018, and 2019*

American SCORES Seattle, Seattle, WA

- Developed and presented culturally relevant lesson plans to educate and inspire 200 program participants to lead healthy lifestyles
- Trained and oversaw five Youth Team Mentor volunteers on basic health education, effective mentor techniques and coaching strategies
- Mentored and built relationships with 16 at-risk students at local school
- Coached team on volleyball techniques and teambuilding exercises

## ADDITIONAL EXPERIENCE

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*Member* *September 2017- Present*

Black Student Union, Seattle Pacific University, Seattle, WA

*Barista* *September 2015-June 2017*

Starbucks, Des Moines, WA