

Mitchell Sandberg

253 E 11th Ave Columbus OH, 43201 | 11866 Alderwood Cres Delta, BC V4E3G1
(604) 788 3516 | sandberg.52@osu.edu

Objective

To pursue a career in medicine and leverage my dedication, leadership, and personable qualities to contribute to positive patient experiences and outcomes.

Education

The Ohio State University

Columbus, OH

- BSc Health Sciences, Minor in Biology (Expected May 2024)
- Cumulative G.P.A.: 3.945/4.0
- Honors: Dean's List – Au20, Sp21, Au21, Sp22, Au22, Sp23, Au23

Campus Involvement

The Ohio State University

- *Athletes in Medicine* – Network with former student athletes currently enrolled in medical school to gain insight into the field of medicine and healthcare
- *2nd and 7 Foundation* – Read to and encouraged the importance of reading to second graders in Columbus, Ohio
- *Dream Center* – Serves free meals and engages with communities in need
- *Urban Lacrosse Academy* – Motivates and teaches at-risk children the importance of teamwork and mutual respect, acting as a role model as a Student-Athlete at The Ohio State University
- *After School All-Stars* – Provides after school supervision while fostering a fun and engaging experience for elementary students through sports and activities

Division 1 Intercollegiate Athletics – Men's Lacrosse

- Cultivated exceptional leadership, teamwork, and time management skills as a key member of a highly competitive NCAA lacrosse program
 - 20 hours/week time commitment with extra time devoted to individual and unit improvement
- Thrived in a challenging, high-pressure environment, consistently setting and achieving personal and team goals while maintaining a strong academic record
- Demonstrated unwavering dedication and accountability by serving as a role model for 50 teammates, contributing to an unparalleled culture of motivation and excellence
- 4-year varsity letterwinner

Professional Experience

Student Research Assistant

November 2022 to Current

The Ohio State University College of Medicine

Columbus, OH

- Primary Project: Scoping Review of Interventions to Promote Mental Health in Children Exposed to Adverse Childhood Experiences (ACEs)
- Assisted with grant preparation and the development of research proposals as well as survey design through REDCap software
- Serve as a member of the steering group for a study to enhance student-athlete mental health and wellbeing at Ohio State University
- Conduct systematic reviews of the literature to identify existing literature on pressing public

health issues and research gaps

Lacrosse Camp Counselor
Ohio State University Athletics

January 2023 to January 2024
Columbus, OH

- Fostered a fun, safe, and engaging environment for lacrosse camp attendees between the ages of 5 and 17 years
- Specialized skills teaching and demonstration geared for youth looking to improve their lacrosse and leadership skills
- Maintained professionalism and mediated conflict while adhering to a strict camp schedule and fulfilling behind-the-scenes tasks to ensure a positive experience for all campers

Shelter Worker
Surrey Urban Mission Society

June 2021 to August 2022 (Seasonal)
Surrey, BC

- Spearheaded comprehensive care and support initiatives for vulnerable populations, showcasing a deep commitment to public welfare and safety
- Demonstrated a profound capacity for empathy, effectively diffusing high-tension situations involving individuals grappling with substance abuse and complex mental health challenges
- Received specialized training in the administration of naloxone and adeptly responded to opioid overdoses and critical injuries, contributing to emergency response and mitigating life-threatening situations

Awards/Achievements

- 2021-2023 Ohio State University Scholar Athlete
- 2022, 2023 Big Ten Conference Distinguished Scholar
- School of Health and Rehabilitation Sciences – 7-time Dean’s List Recipient
- 2020-2021 Ohio State Lacrosse Outstanding Scholar Athlete Award
- Ohio State Lacrosse Leadership Council Member
- Delta Islanders Junior A Lacrosse Captain