

# Mitchell Sandberg

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## Objective

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

## Education

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### 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

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### 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
- *2<sup>nd</sup> 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

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### 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**

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- 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