



# MICAH RENS

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605-XXX-XXXX 

Sioux Falls, SD 57104 

## EDUCATION

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### Bachelor of Arts in Exercise Science

Expected May 2022

Northwestern College | Orange City, IA

GPA: 3.78

- Concentration | **Strength and Conditioning**
- Pre-Professional Program | **Physical Therapy**
- **Relevant Coursework:** Introduction to Kinesiology | Human Anatomy | Molecular & Cellular Biology | Prevention & Care of Athletic Injuries | Chemistry I & II | Physics I & II

## EXPERIENCE

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**Franken Fellow** | Northwestern College | Orange City, IA

May 2020 – Present

- Serve as a peer career mentor in the Compass Center for Career & Calling, meeting one-on-one with students to host mock interviews and create professional documents and profiles, such as resumes, cover letters, reference sheets, and LinkedIn profiles
- Create, budget, and manage events for the Compass Center to prepare Northwestern students for the world after college

**Asphalt Crew Member** | Journey Group | Sioux Falls, SD

May – August 2020

- Worked as a team of five in the pouring, smoothing and settling of asphalt
- Operated machinery safely to ensure all projects were completed with excellence

**General Construction Crew Member** | Journey Group | Sioux Falls, SD

May – August 2019

- Cooperated with various teams each week to efficiently and professionally finish projects
- Completed construction jobs as requested, including demolition and wall bracing
- Maintained a clean and organized work environment

**Painter** | Select Paint | Harrisburg, SD

May – July 2018

- Planned the house painting schedule and communicated effectively with fellow painters

**Supervisor** | Papa Murphy's | Sioux Falls, SD

May 2015 – May 2016

- Managed a crew of 3-5 people, giving feedback and direction throughout shifts and adapting communication based on employee personalities
- Implemented problem solving skills to provide an excellent customer service experience

## CAMPUS LEADERSHIP

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**Collegiate Choir**

August 2018 – Present

**Discipleship Group Leader**

August 2019 – May 2020

## VOLUNTEER & SERVICE

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**Happy the Dog Music Ministry** | Sioux Falls, SD

2015 – Present

- Share music and motivational messages with youth, regionally & nationally

**Mentor** | Living Your Faith | Orange City, IA

June 2019 & 2020

- Built relationships with students at a week-long theology boot camp for high school students
- Led small group discussions following professor-led classes