

# Russell Erfan

Syosset, NY | erfanrussell@gmail.com | (516)-439-9367

## EDUCATION

---

### **Stony Brook University**

*Bachelor of Arts in Sociology, Minor in Physics, University Scholar*

*Activities: Neuroscience Axis, Boxing Club, The Steam Vent Newspaper*

*Relevant Coursework: Molecular Science I and Lab, Physics I and Lab, Calculus B, Statistical Methods in Sociology, Intro to Psychology*

**Stony Brook, NY**

*Expected May 2027*

## CAREER EXPERIENCE

---

### **Stony Brook University Hospital**

*Senior Volunteer, Endoscopy/GI Department*

**Stony Brook, NY**

*September 2023 – Present*

- Confirmed appointments with 50+ patients weekly and performed general clerical duties
- Learned effective patient-communication skills and gained clerical skills such as filing and data entry

### **St. Joseph Hospital**

*Volunteer, Emergency Department*

**Bethpage, NY**

*June 2023 – August 2023*

- Stocked and organized emergency storage units, sterilized and transported stretchers, and aided in community outreach events totaling 55 hours of documented service
- Communicated with Nurses, Physician Assistants, and Physicians to ensure the emergency department ran smoothly
- Worked with a team of volunteers to teach children first aid techniques in community outreach events

### **Carvel Ice Cream**

*Cake Decorator and Cashier*

**Syosset, NY**

*June 2021 – August 2023*

- Served Customers for 14+ hours weekly, preparing and decorating cakes, as well as cleaning and mopping
- Worked with a small team during busy summer hours and learned to multitask in demanding environments
- Mentored new employees in handling the register, decorating cakes, defrosting freezers, and other food service duties

### **Broadridge Healthcare**

*Shadow Mentee*

**Lake Success, NY**

*August 2022*

- 4-week Medical Shadowing Program at Broadridge Healthcare; watched general consultations, the interpretation of diagnostic tests, and the taking of medical histories
- Learned the importance of collaboration between receptionists, medical assistants, technicians and physicians

## LEADERSHIP EXPERIENCE

---

### **Syosset Varsity Track and Field**

*Senior Team Captain*

**Syosset, NY**

*November 2022 – June 2023*

- Collaborated with Coaches to design practices for 30+ Sprinters and Jumpers
- Earned All Division Honors in spring 2022 for Long Jump and held team membership since 2019
- Gained organizational skills in developing and running JV practice sessions, as well as Varsity jumps sessions

### **National Honor Society**

*Executive Board Member*

**Syosset, NY**

*September 2022 – June 2023*

- Comanaged the National Honor Society Districtwide, K12 tutoring program, also organizing and running quarterly meetings for 300+ inductees alongside 8 other board members
- Held responsibility over a large tutoring initiative, developing organizational skills and speaking at the induction ceremony

### **Interfaith Group**

*President*

**Syosset, NY**

*August 2022 – June 2023*

- Led weekly meetings for 20+ members, and organized multiple fundraisers that totaled \$1000+ dollars for church charities
- Co-led a successful initiative to bring Halal and Kosher meal options to Syosset High School in 2021 as Vice President
- Held interfaith events, collaborating with the Jewish Student Union, Brothers and Sisters in Christ, and Muslim Student Association of Syosset High School, developing effective networking skills between organizations

## SKILLS

---

*Computer: Google Workplace (Docs, Slides, Sheets) Microsoft Office (Word, PowerPoint, Excel), Zoom, Canva*

*Clerical: Data Entry, Filing, Appointment-making*