

# Avalene Tan

## Neuroscience Student

Richardson/Dallas, TX

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### ABOUT ME

Hello! My name is Avalene (Ah as in 'apple'-vuh-leen). I am a pre-medical student studying neuroscience at the University of Texas at Dallas, currently on a gap year. During this time, I aim to contribute alongside a team of optimistic and lively people while learning new skills not directly related to medicine. I firmly believe doing so will make me a more balanced future physician and individual in general.

### EDUCATION

#### **University of Texas at Dallas** - *Bachelor of Science in Neuroscience (in progress)*

**August 2021 - current**

- Hobson Wildenthal Honors College Student
- National Merit Scholar
- Dean's List Spring 2024
- Dean's List Spring 2023

#### **Allen High School** - *International Baccalaureate (IB) Diploma Graduate*

**August 2018 - May 2021**

- Top 10% of international program students (40 points)
- Successful completion of the 4,000 word research extended essay and 6+ internal assessment research papers/presentations
- Outstanding IB Theory of Knowledge Student 2021
- Outstanding IB English Student 2021

### EXPERIENCE

#### **Learning Director and Instructor** - *IvyMath*

**December 2021 - Present**

- Motivated and tutored students (aged 8-16) both ahead and behind at school through upbeat weekly zoom sessions
- Created personalized math lesson plans for each student through an online curriculum
- Facilitated communication via monthly progress reports and emails between students, parents, and our administrative team regarding how to best support the student's academic math journey

**Taboo Language Research Assistant** - *The Brain Circuits Lab @ UT Southwestern and UT Dallas*

**December 2021 - April 2024**

- Exported, cleaned, and sorted hundreds of thousands of pieces of curse word data in Excel, resulting in an easy to navigate and extensive Microsoft based database for future researchers to employ
- Annotated thousands of sentences for valence, arousal, emotion, etc in 7 full-length films using ELAN software
- Performed hundreds of statistical tests and created a plethora of graphs and plots to visualize statistical data using JASP
- Analyzed fMRI images exploring cursing and violence on neuronal activation using FSL

**Seasonal Biology Researcher** - *The Laboratory of Seasonal Biology @ The University of Glasgow*

**June 2024 - August 2024**

- Conducted a summer research project investigating the effect of changing photoperiods on the quantity and nature of brown adipose tissue in Syrian hamsters
- Proficiently created hundreds of tissue slides using the cryostat and hematoxylin and eosin staining
- Conducted dozens of microscopy analyses using ImageJ

**Comets HELP Volunteer** - *UT Southwestern Clements University Hospital*

**September 2022 - December 2023**

- Supported the mental and emotional health of elderly patients at risk of developing delirium during hospitalization by engaging in conversation, mobility exercises, and card games with them
- Supported caregivers and educated them on the signs of dementia and delirium

**Shelter Clinic Volunteer** - *Union Gospel Mission Shelter Clinics*

**January 2023 - current**

- Conducted clinic intake for unhoused men, women, and children, routinely measuring blood pressure, temperature, pulse oximetry readings, and height and weight in a welcoming and efficient manner
- Warmly greeted patients and distributed personal hygiene supplies while prioritizing efficiency and helpfulness
- Performed basic vision exams on patients who requested reading glasses to help them choose the glasses with the optimal strength for their needs

- With great attention to detail charted and uploaded important documentation like vaccine administrations and lab results to the online medical system, Athena, for future clinician reference

## LEADERSHIP POSITIONS/PROJECTS

### **Healthy Hearts Initiative** - *Calvert Men's Shelter Clinic*

February 2024 - June 2024

- Initiated and secured a \$900 Victor L. Worsfold Grant to purchase an electrocardiogram machine to dramatically improve the preventative and diagnostic cardiovascular care of our unhoused patient population

### **Charitable Contributions Coordinator** - *Union Gospel Mission Shelters*

June 2024 - Present

- Initiated connections with grocery stores for donations of clothing, medical supplies, and food items for distribution at two downtown Dallas homeless shelters
- Secured a \$1,500 HEB credit to purchase basic necessities for the shelters and clinics

### **First Year Leader** - *University of Texas at Dallas*

January 2023 - May 2023

- Taught an engaging and interactive university recognized course to 20+ incoming freshman once a week by creating my own lesson plans on topics like social/emotional well being, academic success, self-care, and healthy college habits

### **Stop Pretending You Can't Dance (SPYCD) Officer** - *University of Texas at Dallas*

August 2022 - April 2024

- Assisted professional bachata, salsa, and west coast swing dance instructors in dance demonstrations
- Created an inclusive and encouraging environment for individuals who have never danced before to practice their newly learned moves in a non-judgemental and safe space immediately after class
- Photographed banquets shows with a Canon Rebel T7 DSLR camera to capture memories and high quality photographs for social media promotion

### **Chinese Yoyo Instructor** - *Houston Chinese Youth Camp*

June 2023 - August 2023

- Coordinated and taught Chinese yoyo classes in both English and Chinese to students aged 8-21 in groups of 50+ for one week, instilling values of leadership, friendship, and heritage

## The Last Writers Author - *University of Texas at Dallas*

January 2023 - December 2023

- Created a 40 page memoir in honor of a late Alzheimer's patient by interviewing and collaborating with their beloved family and friends

## HARD SKILLS

- Photography
- Adobe Premiere Pro and Video Editing
- Excel and Microsoft Office
- Google Suite
- JASP, ELAN, ImageJ

## SOFT SKILLS

It seems paradoxical to make a bullet point list of soft skills. I have instead opted for a collection of really kind testimonials which can hopefully highlight my character more earnestly.

“Avalene, you have been nothing short of AMAZING for *Logan* and we can't thank you enough for all the time and hard work you put into his sessions. He thoroughly enjoyed working with you and you helped him so much. Thank you again for everything. You are truly a gem and amazing at what you do. ”

- Parent of my IvyMath student

“An amazing student, person and promising scientist.”

- Dr. Tyler Stevenson, PhD Physiology Professor @ The University of Glasgow

“You are a remarkable person and the rarest type of premed student. I wish for medicine and our society's sake we had clones of you. Maybe one day!”

- Dr. Van Miller, PhD MD Neuroscience Professor @ UT Dallas

## HOBBIES

- Bachata and salsa dancing
- Climbing
- Cooking
- Reading (admittedly cliché but actually insightful self-improvement books)