

Charlotte Owens

Lab Assistant

☎ (319) 555-0123

✉ charlotte.owens@email.com

🌐 linkedin.com/in/charlotteowens

📍 1234 Maple Street, Anytown, IA 52240

STRENGTHS

- ✓ **Attention to Detail**
Maintained high accuracy in processing laboratory samples, earning commendations for quality work.
- 🗣 **Effective Communication**
Regularly simplified complex scientific terms for peers, fostering improved collaboration within teams.
- 👥 **Team Player**
Played an essential role in a close-knit team, harmonizing efforts that led to successful project outcomes.
- ⚙ **Problem Solver**
Resolved unexpected concerns during projects leading to expedited processes in lab protocols.
- 🔄 **Adaptable**
Successfully adjusted to shifting priorities in fast-paced environments, showcasing resilience.

SKILLS

Blood Sample Preparation
Quality Control Testing
Documentation Management
Collaboration Skills
Laboratory Safety Standards
Compliance Awareness
Sample Labeling Data Analysis
Research Methodologies
Technical Reporting
Critical Thinking
User Interface Design
Public Speaking Networking

SUMMARY

Detail-oriented and dedicated Lab Assistant with hands-on experience in laboratory environments and a strong commitment to improving community health. Proficient in preparing samples for testing and performing quality control to ensure accuracy and compliance. Recognized for excellent teamwork, communication, and problem-solving skills. Passionate about making a positive impact through precision and care. Contributed significantly in student projects and during practical applications at lab settings, consistently focused on best practices in operations to achieve meaningful outcomes.

EDUCATION

Bachelor's Degree in Biomedical Sciences

University of Iowa 🎓 GPA: 3.8 📅 2025 📍 Iowa City, IA

Coursework: Biochemistry, Microbiology, Laboratory Techniques, Research Methods

TECHNICAL SKILLS

- **Laboratory Equipment:** Pipettes, Centrifuge, Hematology Analyzer
- **Software Skills:** Excel, SPSS, Laboratory Information System
- **Safety Protocols:** PPE Usage, Chemical Handling, Biohazard Disposal
- **Communication Tools:** Slack, Microsoft Teams, Zoom
- **Programming Languages:** Python, HTML/CSS, Java
- **Statistical Methods:** T-tests, ANOVA, Regression Analysis
- **Project Management Tools:** Trello, Asana, JIRA
- **Research Methodologies:** Qualitative Analysis, Mixed Methods, Case Studies
- **Event Coordination:** Scheduling, Logistics, Volunteer Management
- **Database Management:** SQL, MongoDB, Firebase

EXPERIENCE

Lab Assistant

University Project 📅 January 2025 – May 2026 📍 Iowa City, IA

Worked as a Lab Assistant contributing to laboratory operations focused on sample processing and quality assurance. Supported Bench Technicians ensuring timely preparation and accuracy of lab results while embracing team collaboration and adherence to protocols.

- Prepared blood donor samples for testing, ensuring adherence to established protocols and safety standards.
- Collaborated with Bench Technicians to facilitate timely and efficient product delivery to patients.
- Conducted quality control testing on samples to verify accuracy and reliability of results.
- Managed labeling and documentation of samples, maintaining accurate records for compliance.
- Assisted in preparation of components for shipping, ensuring proper handling and storage.
- Participated in team meetings discussing operational improvements for laboratory efficiency.

Research Assistant

Academic Research 📅 September 2024 – December 2024 📍 Cedar Falls, IA

Contributed as a Research Assistant supporting academic projects centered on blood sample processing techniques. Engaged deeply in data gathering and analysis with a focus on innovation and enhancing laboratory practices.

- Conducted research on blood sample processing techniques to improve testing accuracy and deliver insights.
- Analyzed data collected from laboratory experiments, presenting findings effectively to faculty and peers.
- Assisted in design and implementation of experiments, ensuring compliance with research protocols.

Programming Fundamentals

Experimental Design

LANGUAGES

English Native

Spanish Proficient

MY CAREER



● Lab Assistant at University Project (1.3 Years)

● Research Assistant at Academic Research (3 Months)

- Supported training sessions for new lab members on safety procedures and operational methods.
- Collaborated with researchers to develop comprehensive reports recommending best practices.
- Engaged in peer review sessions, providing thoughtful feedback for elevating research quality.

Team Member

Hackathon Project 📅 March 2024 📍 Remote

Participated in a dynamic hacking environment focused on developing innovative applications around blood donation. Known for creativity and execution within a short timeframe alongside fellow tech enthusiasts.

- Collaborated in a 48-hour hackathon aiming to prototype a blood donation tracking application.
- Utilized programming skills to create an interactive user interface integrating database functionalities.
- Presented the final prototype before judges, gaining recognition for innovative features and design.
- Conducted user testing collecting feedback to refine application functionalities.
- Documented development processes contributing valuable insights to team's collective portfolio.
- Networked extensively with industry professionals broadening understanding of current lab technologies.

LEADERSHIP & AWARDS

- Dean's List for Academic Excellence - Spring 2025
- Best Team Collaboration Award - Hackathon 2024

CERTIFICATIONS

- CPR and First Aid Certified 📅 2025
- Clinical Laboratory Technician Certification 📅 2026

PROFESSIONAL AFFILIATIONS

- Member, Collegiate Biomedical Club
- Volunteer, Community Health Initiative

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST