

# Ridge Flatness

**DDS Candidate, Class of 2029 – University of Minnesota School of Dentistry**

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## EDUCATION

**University of Minnesota School of Dentistry**

DDS Candidate, 2029 • [REDACTED]

**Bemidji State University**

B.S. Biochemistry, 2025 • [REDACTED]

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## ASDA INVOLVEMENT

**ASDA Wellness & Activity Committee – UMN SOD (2024–Present)**

- Support chapter wellness projects, student engagement programming, and event planning.

**ASDA District 8 Meeting Attendee (2025)**

- Participated in district-level leadership development and chapter collaboration.
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## LEADERSHIP EXPERIENCE

**Secretary – Student-Athlete Advisory Committee (SAAC)**

Bemidji State University (2023–2025)

- Elected executive board member representing 400+ student-athletes.
- Led mental-health programming, wellness events, and campus engagement initiatives.
- Raised **\$1,000+ for Make-A-Wish** in under 10 minutes.
- BSU Delegate to the **NSIC SAAC Summit 2024**.

**Assistant Football Coach / Defensive Coordinator – Blackduck High School (2023–2025)**

- Designed defensive schemes and led in-game strategy.
- Mentored high-school athletes in leadership, discipline, and academic success.

### **Collegiate Football Athlete – Bemidji State University (2023–2025)**

- Demonstrated discipline, teamwork, and high-level time management while maintaining a 4.0 GPA.
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## **COMMUNITY & DENTAL SERVICE**

### **Minnesota Missions of Mercy (MnMOM) – Volunteer (2024)**

- Assisted with patient flow, education, and delivery of free dental care to underserved populations.

### **BSU Unified Special Olympics – Volunteer (2023–2025)**

- Supported inclusive sporting events and athlete engagement.

### **Ruby's Pantry – Volunteer (2023–2025)**

- Distributed food and resources to low-income families.

### **Blood Drives – Volunteer (2023–2025)**

- Managed donor check-in and event flow.
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## **RELEVANT EXPERIENCE**

### **Undergraduate Researcher – Molecular Biology Laboratory (2023–2025)**

- Conducted PCR, ligations, digests, gel electrophoresis, and RNA construct preparation.

### **Peer Tutor – Biology & Chemistry (2023–2025)**

- Supported students across 10+ STEM courses with individualized academic strategies.

## **AWARDS & CORE SKILLS**

**Awards:** ACS Judges Choice Presentation Award (2024), BSU Presidential Scholarship, NSIC Myles Brand Award Winner (2025)

**Skills:** Leadership • Event Planning • Collaboration • Outreach • Advocacy • Communication • Time Management