

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 • ██████████

Bemidji State University

B.S. Biochemistry, 2025 • ██████████

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.

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.

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.

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