

Colin Cook

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EDUCATION

University of Georgia

Bachelor of Science in Health Promotion

Emphasis in Health Promotion, Certificate in Public Health Data Fluency (IP)

Athens, GA

August 2024 – May 2027

GPA: 3.70/4.00

RELEVANT EXPERIENCE

Tournament Players Club (TPC) Sugarloaf

Activities Leader

Duluth, Georgia

June 2024 – January 2025 (seasonal)

- Coordinated and facilitated the gym and pool areas for daily use.
- Executed club-wide events under strict deadlines, showcasing organizational and time management skills.
- Demonstrated adaptability by assisting the club's racquet sport center and club café.

INVOLVEMENT EXPERIENCE

UGA Club Rowing, *Varsity Rower*

September 2024 - Current

- Compete on a nationally recognized team in local and national regattas.
- 20 hours/week commitment with on-water, erg, and strength training.

Campus Kitchen, *Shift Leader*

June 2025 - Current

- Organized grocery shipments from local stores into personalized delivery bags
- Promoted to Shift Leader (Jan 2026); oversee weekly home grocery delivery shift

PROJECT EXPERIENCE

Atlanta Green Space Expansion Proposal, *HPAM 3600*

Spring 2025

- Wrote a 3-page mock policy memo evaluating methods to expand green space in the Atlanta metro area.
- Written to the Atlanta Regional Commission evaluating 3 policies off its cost-effectiveness, implementation time, and effectiveness.
- Developed skills in critical thinking, policy analysis, and policy writing.

Literature Review: *Interventions for Improving Physical Activity in Rural Adolescents*, *HPRB 4410* Summer 2025

- Produced a 25-page, comprehensive literature review synthesizing 10 research articles for physical activity interventions for rural U.S. adolescents
- Investigated low-cost, school-based programs and evidence-based strategies designed for improving adolescent physical activity outcomes.
- Identified key barriers in rural communities and emphasized the need for diverse, adaptable intervention models.

Literature Review: *Impacts of Food Insecurity on College Students*, *HPRB 5010*

Fall 2025

- Composed a 21-page, literature review synthesizing 20 research articles regarding the academic, physical, and mental health impacts of food insecurity among U.S. college students.
- Identified gaps and limitations in current policy approaches aimed at reducing food insecurity among college students.
- Assessed and proposed potential policy solutions including campus food pantries, emergency meal swipe programs, and SNAP reform.

SKILLS

Organizational & Project Management: Time Management, Multitasking, Problem-Solving

Teamwork: Collaboration, Team Leadership, Accountability

Policy and Communication: Public Speaking, Policy Writing, Presentation Design

HONORS AND AWARDS

Honor Graduate, *North Gwinnett High School*

May 2023

AP Scholar with Honors, *North Gwinnett High School*

May 2023

President's List, *Georgia State University*

Fall 2023, Spring 2024