

Weeks 7/17 11:30 - Interview

# FREDERICK A. DOUGLAS



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## PROFESSIONAL SUMMARY

Highly skilled and motivated applicant seeking an entry-level full-time position within a manufacturing environment. Silver NCRC certificate candidate who has the ability to understand schematic diagrams, blueprints, sketches, building plans and other specifications required to get the job done. High standard of integrity and professionalism. Strong working knowledge of job site safety, as well as, the ability to complete a company-specific safety orientation. Work well in a team-based environment where attention to detail, dexterity, physical strength, stamina, technical skills, troubleshooting skills, and visual acuity are required.

## EDUCATION / PROFESSIONAL TRAINING

**ROCHESTER COMMUNITY AND TECHNICAL COLLEGE – WELDING PROGRAM, Rochester, Minnesota**  
Anticipated Certificate Completion, December 2013

**LAWTHORNE EDUCATION CENTER/UNITED WAY – WELDING PREP PROGRAM, Rochester, Minnesota**  
Anticipated Certificate Completion, August 2013

**VORFORCE DEVELOPMENT, INC. – MANUFACTURING ACADEMY, Rochester, Minnesota**  
Certificates of Training, April 2013

- |                                     |   |
|-------------------------------------|---|
| Basic Computer Training             | • Ecolab Chemical Safe Handling-Hazardous Materials |
| Lock-Out Tag-Out Training           | • Lean Manufacturing Training                       |
| 5 S Workplace Organization Training | • Forklift Pre-Inspection Training                  |

**MINNESOTA STATE COLLEGE – SOUTHEAST TECHNICAL, Winona, Minnesota**  
Forklift Hands-On Training – LP Gas Sit-Down Rider, April 25, 2013-April 25, 2016

**UNIVERSITY OF MISSOURI ST. LOUIS – BARNES COLLEGE OF NURSING, St. Louis, Missouri**  
Bachelor's of Science in Nursing, May 20, 2000

## INDUSTRY-RELATED CERTIFICATION

**ADVANCEONLINE SOLUTIONS ONLINE INSTITUTE**  
OSHA 10-Hour General Industry Safety – Certificate ID: 5478\_775689

**AMERICAN HEART ASSOCIATION**  
Basic Life Support /Cardiopulmonary Resuscitation (CPR) – Expires: March 2014

## SKILLS / QUALIFICATIONS

Proficient use of computers and MS Office 2010 applications: Word, Excel, Outlook, Publisher, PowerPoint  
Able to obtain a Commercial Driver's License (CDL)  
Adept in handling multiple priorities and meeting deadlines  
Capable of lifting up to 75 pounds on a regular basis

## PROFESSIONAL EXPERIENCE

**MAYO CLINIC – SAINT MARYS HOSPITAL, Rochester, Minnesota** November 2000 — January 2013  
**STAFF REGISTERED NURSE / CARDIOVASCULAR SURGERY PCU**

- Executed the task of providing exceptional pre- or post-operative care to patients who required or underwent coronary bypass grafts, valvular repairs / replacements, repair of congenital anomalies, or Ventricular Assist Devices (VAD), in addition to medical-surgical patients needing ECG monitoring

**CARDIO CYCLE, INC., Rochester, Minnesota** April - September 2003 — April - September 2006  
**PRESIDENT / OWNER**

- Owner of community-based business that sought to help improve the heart health of all Olmsted County residents and visitors
- Oversaw business as it acted as an individual initiative to aid in preventing cardiovascular disease and help those at risk by promoting an opportunity for members of Olmsted County to enjoy physical activity

## PROFESSIONAL DEVELOPMENT / CONTINUING EDUCATION

**Mayo Quality Academy – Quality Essentials Bronze Level Certification, February 2011**

**Effectively Facilitating Diversity Discussions, May 2010**

**Developing an Effective Poster Presentation, August 2008**

**Organizational Improvement Methodologies: How They Fit Together, August 2008**

**Crucial Conversations, July 2008**

**Respectful Communication at Work, June 2008**

**Working as a Team, May 2008**

**Creating the Future in a Diverse World, December 2007**

**Fundamentals of Interpersonal Communication, May 2007**

## LEADERSHIP OPPORTUNITIES / SERVICE AWARDS

**Child Care Resource and Referral, Rochester, Minnesota – Board of Directors 6/2009 – 1/2013**

**Collaborative Leadership Fellows Program, Rochester, Minnesota – 2010 Cohort 2/2010 – 10/2010**

**Community Education Citizen Advisory Council, Rochester, Minnesota – Member 10/2010 – 10/2012**

**Diversity Council, Rochester, Minnesota – Champion of Diversity Award 2012**

**International Nurse Exchange Program, Mayo Clinic Department of Nursing – Delegate to Japan 2007**

**National Association for the Advancement of Colored People – Rochester Branch, Lifetime Member**

**Olmsted County Human Rights Commission, Rochester, Minnesota – Commissioner 1/2007 – 2/2008**

**Rev. Dr. Martin Luther King, Jr. Celebration, Rochester, Minnesota – Planning Committee 2004 – 2012**

**RACE: Are We So Different? Exhibit, Rochester, Minnesota – Facilitator / Actor 5/2010 – 9/2010**

**Rochester Juneteenth Celebration, Inc., Rochester, Minnesota – Co-Founder / Treasurer 5/2004 – 5/2013**

**United Way Community Solutions Team, Rochester, Minnesota – Member 5/2009 – 5/2012**

**Professional and Academic References: Available upon request**