

# Namita Seelam

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## EDUCATION

### Frisco High School

Frisco Independent School District  
2017 - 2021  
Frisco, Texas

**Weighted GPA:** 5.64 **Class Rank:** 6/404

## AP COURSES

**Total:** 16; **AP Scholar, AP Scholar with Distinction, National AP Scholar**

Human Geography (5), World History (5), Seminar (5), US History (5), Language and Composition (5), Biology (4), Chemistry (4), Spanish Language and Culture (4), Literature, Economics, Studio Art: 3-D, Calculus AB, Government, Psychology,

## OTHER CHALLENGING COURSES

Independent Study and Mentorship (ISM)

## SAT

**Test Date:** March 8, 2020

**Reading:** 750; **Math:** 770

## WORK/INTERNSHIPS

### Lead Designer

*January 1st Fashion Co.*  
*Plano, Texas*

May 2020 to Present

Designed scarf patterns for fashion start-up January 1st, with the majority of the proceeds contributing towards various national health organizations, such as the Pediatric Cancer Research Foundation.

### Obstetrics and Gynecology Mentee

*Plano Women's Healthcare under Dr. Heather L. Bellanger*  
*Plano, Texas*

December 2019 to June 2020

Shadowed private practice OB/GYN for 3 hr/wk for 28 wk/yr, synthesized two original projects, gained hospital observation experience

## LEADERSHIP

### Co-Founder and Treasurer of the Human Environmental Animal Team (H.E.A.T.)

*12th, 11th, 10th, 9th*  
15 hr/wk, 40 wk/yr

Co-founded the FHS chapter of H.E.A.T. (501(c)(3) non-profit promoting humanitarian, environmental, and animal advocacy), led 150+ members and raised over \$4,000 for various causes, planned service projects, and budgeted fundraisers and projects.

### Health Occupational Students of America (HOSA) President; Secretary; Parliamentarian

*12th, 11th, 10th*  
7 hr/wk, 40 wk/year

Planned the organization's program of work, volunteer and service projects, communicated with school administration and district leaders as official representative.

### Student Ambassador for Teens4Green

*11th, 12th*  
2 hr/wk, 40 wk/yr

Promoted environmental conservation and sustainable practices on behalf of the Frisco Environmental Services.

### Student Congress: Drugs, Alcohol, Safety, and Health (DASH) Committee Leader

*9th, 10th*  
2 hr/wk, 40 wk/yr

Lead campaigns against alcohol and drug use with posters and informative announcements, represented the D.A.S.H. committee at the Texas Association of Student Councils' State Conference in 2018

### Medical Insider - Web Manager

*12th*  
1 hr/wk, 30 wk/yr

Proofread and published healthcare-related posts and managed the official website for Medical Insider (@md\_insider), an international student-led health education initiative with 9,500+ followers.

## COMMUNITY SERVICE AND VOLUNTEERING

### **Human Environmental Animal Team (H.E.A.T.)**

*9th, 10th, 11th, 12th*

3 hr/wk, 40 wk/yr

Outside of my leadership position, I regularly volunteered for the organization's monthly fundraisers, street clean-ups, supply-making campaigns, and appreciation dinners.

### **Health Occupational Students of America (HOSA)**

*9th, 10th, 11th, 12th*

2 hr/wk, 40 wk/yr

Outside of my leadership position, I regularly volunteered for the organization's bi-annual blood drive, hospice visits, city-wide health fairs, and promotional events.

### **Teens4Green - Frisco Environmental Services**

*9th, 10th, 11th, 12th*

1 hr/wk, 14 wk/yr

Outside of the extracurricular, I regularly help with street cleanups, battery recycling, dumpster upcycling, composting, and community gardening.

### **City of Frisco - Volunteer Services**

*7th - 12th*

5 hr/year

I annually volunteer for City of Frisco's festivals and events, such as Merry Main Street, Frisco Freedom Fest, Shawnee Trail Celebration, and others.

## EXTRACURRICULAR ACTIVITIES

### **Texas Art Association - Artist and Scratchboard Artist**

*5th - 12th*

1 hr/wk, 50 wk/yr

Actively scratchboarded for the past three years and participated in art for the past twelve years, and competed at Visual Arts Scholastic Events.

### **HOSA: Area 3 Vice-President Nominee**

*11th*

7 hr/wk, 30 wk/yr

Nominated from 1 out of 200 candidates from across Texas as the Vice-President officer candidate for Texas HOSA Area III, and one of two candidates from my high school.

### **Academic Decathlon: Honors Team Member and State Alternate**

*9th, 10th*

15 hr/wk, 40 wk/yr

Competed as Honors team member at the Regional level in 2018, and as Honors alternate at the State level in 2019.

### **National Honor Society**

*10th, 11th, 12th*

1 hr/wk, 40 wk/yr

## TALENTS AND AWARDS

### **Extemporaneous Art Poster: Area III 2nd Place and State 7th Place**

*Health Occupational Students of America*

February and March 2019

### **Academic Octathlon: Frisco High School - Highest Team Score Medal**

February 2019

### **Texas Art Association: Visual Arts Scholastic Event (VASE) Perfect Score Medalist - 4 Years**

Annually 2016 to 2019

### **Texas Association of Student Councils (TASC) - Drugs, Alcohol, Safety, and Health (D.A.S.H.) State Award**

April 2018

### **HIPAA Professional (HIPAAP) Certification**

*Biologix Solutions LLC*

July 2019 - Present

### **Basic Life Support and CPR Certification**

*American Heart Association*

May 2017 - May 2019, May 2019 - Present