

CURRICULUM VITAE

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Profile

A University of Auckland PhD student (planning to submit in June 2008) with five years research experience in health psychology and human nutrition. Additional previous work experience in gym management and private nutrition consulting. Currently seeking a project management/research position in a nutrition related project.

Relevant Skills and Experience

Research Skills:

- Ability to analyse complex psychological and physiological data (cardiovascular, antibody, salivary insulin resistance) as evidenced by PhD and MSc research projects.
- Technical skills include the construction and implementation of a novel experimental protocol (salivary insulin analysis) and experience administering VPA equipment.
- Ability to think critically and convey research findings clearly and meaningfully, with attention to detail in written and verbal form.
- Ability to analyse and synthesise relevant data, identify research directions, write comprehensive literature reviews, research proposals and progress reports.
- Proven ability to gain ethics approval for PhD and MSc research projects.
- Clear and effective questionnaire design for both small scale qualitative studies and large scale quantitative analysis

Project Management Skills:

- Proven ability to manage two large diabetes research projects, which included participant exposure to experimental nutrition, insulin testing, dietary plan intervention, with salivary glucose and insulin sample collection and measurement.
- A focus on planning, time management, and goal achievement.
- Strong people management skills, including the ability to organise and retain large groups of research participants.
- Proven ability to source funding and manage budgets for two diabetes studies (PhD research), including biological assays, costing, equipment, and student and nutritionist payments.
- Leading, instructing, and advising a team of eight tutors during my role as Senior Tutor.
- Proven leadership ability as manager of team of 6 administration staff and 8 fitness trainers and nutrition staff at Profit gym for two years.

Communication Skills:

- Excellent written skills gained from undertaking an MSc and PhD in health psychology at the University of Auckland and evidenced by peer-reviewed publications.
- Excellent oral skills developed through tutoring and lecturing nutrition and food science to undergraduate students and giving conference presentations both to academics and industry professionals.
- Ability to develop effective relationships with people at all levels (e.g. students, academic staff and members of the public), including respectful and confidential communication with diabetes sufferers.

Relevant Employment History

2004 – 2008, Tutor, University of Otago

A part-time position tutoring an undergraduate paper (The Psychology of Nutrition) at the Faculty of Medical and Health Sciences, University of Otago. This involved teaching two classes per week (approx. 65 students), some lecturing, and marking assignments and examinations.

Accomplishments: Appointed Senior Tutor in 2007, which involved preparation of the tutorial material and leading and instructing a team of eight tutors.

March – May 2007, Researcher Qantas

A contract role with the Marketing Department at Qantas that entailed a study of nutritional impact on alertness for long haul flight pilots. Involved nutritional design and pre and post flight alertness testing. The role also involved training and liaising with researchers from Alertness Solutions, Australia.

Accomplishments: Significant contribution to the body of research into pilot alertness including one journal article with research colleagues and a conference presentation.

Nov 2004 – Feb 2005, Researcher, Qantas

This contract role involved undertaking analysis of nutritional impact on alertness of Qantas cabin crew during flights from Auckland to Singapore. Entailed nutritional design and pre and post testing of alertness using ECG equipment as well as training and liaising with researchers from Qantas Australia.

Accomplishments: Collaboration leading to two journal articles and a presentation to the Australian Pilots Association.

Nov 2000 – Dec 2002: Manager Profitness Gym, Fleet St, Dunedin

This role involved, managing the day to day operations of a gym/health centre in central Dunedin. Duties included budgeting, managing admin and sales staff as well as personal trainers. Also gave nutrition consultations to gym clients.

Accomplishments: Was promoted to this position after working as a personal trainer and nutrition consultant for two years. During my management period by implementing a series of changes membership increased by 25% and Profitness was voted top gym in Dunedin and 2002.

Prior to November 2000 worked as private nutrition consultant and personal trainer at different gyms and health clubs.

Academic Qualifications

June 2004-present: Studying toward Doctor of Philosophy in Health Psychology, The University of Otago. Thesis includes two research projects investigating which dietary factors directly improve insulin uptake in type two diabetes patients (as measured by fluctuation of salivary glucose levels) See attached synopsis for further details.

February 2004: Master of Science in Health Psychology with first class honours, the University of Canterbury. Research investigated the effects of diet on newly diagnosed type two diabetes sufferers.

1996: Certificate in Sport and Exercise Science (personal training) Auckland University of Technology

1995: Bachelor of Science with a double major in Psychology and Nutrition Science, the University of Auckland

Prizes and Awards

2002: University of Canterbury First year prize (MSc Health Psychology)

2003: University of Otago Doctoral Scholarship

2004: Top Achiever Doctoral Scholarship

Interests

Fitness including swimming, gym, running, cycling and pilates. Nutrition, food and cooking, health and work life balance.

Publications and Presentations

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Etc

Referees

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