

# Heather Galinato

[hgalinato365@gmail.com](mailto:hgalinato365@gmail.com) | [hlg5225@psu.edu](mailto:hlg5225@psu.edu)

## EDUCATION

Pennsylvania State University—University Park

Aug 2022 – May 2026

Schreyer Honors College

Psychology, B.S | Biology Minor

Cumulative GPA: 3.71

## RESEARCH EXPERIENCE

Dr. Levy's Lab for Personality, Psychopathology, and Psychotherapy Research

Aug 2023 - Present

*Commitment between 6 – 9 hours per week*

*Lab Manager – Apr 2024 to Present*

- Log credits, create schedules, and file documents for 21 lab members, and track their progression across 4 major projects
- Coordinate lab logistics by responding to lab member emails and requests, sending reminders, and communicating concerns to the Principal Investigator when necessary
- Review lab applications, interview prospective members, and walk new members through onboarding process
- Foster lab community spirit through encouraging lab meeting discussions and lab dinners

*Research Assistant – Aug 2023 to Apr 2024*

- Transcribed hour-long psychotherapy videos, about 2 each week, per semester.
- Coded patients in clinical interviews (1-2.5hrs each, 2-4 per week) on a 12-measure Personality Functioning Scale.
- Attended weekly lab meetings focused on lab research, graduate school, and current events in psychology.

## WORK EXPERIENCE

Redifer Dining Commons, Penn State University

Aug 2022 - Present

*Commitment between 12 – 26 hours per week*

*Senior Culinary Team (second promoted position) – Apr 2024 to Present*

- Balance schedules of Culinary Apprentice (CA) team of 6-9 members with fluctuating work demands of kitchen
- Manage WhenToWork software to track employee information, absences and sick days, raises and demotions
- Responsible for interviewing Cooks' Helps, then establishing and implementing promotion criteria
- Expected to enforce employee rules but also allowed to reward exemplary work with Campus Dining free meal cards

*Culinary Apprentice (first promoted position) – Sept 2023 to Apr 2024*

- Trusted to run dishes alone in real time, which includes executing recipe steps, timing and recalibrating when and how many pans to prepare in order to maintain an even flow of replacement to buffet line (while not over or under-stocking)
- Tasked with staying later to ensure a properly sanitized and stocked kitchen for the morning shift

*Cooks' Help / Crew Member – Oct 2022 to Sept 2023*

- Prepped a variety of food items (vegetables, meats, breakfast items), including 20-60lbs per item, or 10-20 trays per dish.
- Facilitate an enjoyable Dining Hall experience for customers by presenting dishes on buffet line, maintaining clean counters and eating spaces, and providing transparent customer service (especially for dietary restrictions).

## VOLUNTEER EXPERIENCE AND SKILLS

**Language – Spanish (11 years)**

- Attended a dual-language-immersion program from 1<sup>st</sup>-8<sup>th</sup> grade, then pursued 3 additional years of Spanish in high school
- Proficient in reading, writing, and speaking Spanish, including scoring a 5 on the AP Spanish exam in 2021 (in-person)

**High School Tutor – Algebra and Geometry (2 years)**

**Camp Counselor – Outdoor Science Program and Japanese Language Program (4 cumulative weeks)**