

# RIA TRIVEDI

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## EDUCATION

University of Maryland, College Park

B.S. in Neurobiology and Physiology, Psychology (Expected May 2026)

I am a dual-degree junior pursuing a Bachelor of Science in Neurobiology and Physiology and Psychology. I am a member of the Integrated Life Sciences (ILS) Honors College, a highly selective program that integrates rigorous interdisciplinary scientific coursework with research and experiential learning. I have maintained a perfect 4.0 GPA and earned placement on the Dean's List every semester. I was awarded the Banneker Key Scholarship, the most prestigious merit scholarship at the University of Maryland, and received a Do Good Mini Grant to support my work on social impact and health education. Relevant coursework includes Behavioral Neuroscience, Human Physiology, Organic Chemistry, Genetics, and Statistical Methods in Psychology.

Poolesville High School, Poolesville, MD

High School Diploma, May 2022

Graduated in the top 10% of my class, earning a Seal of Biliteracy in Spanish. During high school, I was actively involved in leadership roles, including serving as President of Save the Children and Vice President of the Debate Team. I was also a member of the National Honor Society and participated in public speaking competitions and community initiatives.

## RESEARCH EXPERIENCE

Research Assistant, Family Involvement Lab, University of Maryland

College Park, MD | Jan 2023 – Present

In my role at the Family Involvement Lab under the direction of a faculty mentor, I have contributed to several ongoing studies investigating the dynamics of parent-child relationships and early childhood development. My responsibilities include transcribing and verifying transcripts of video-recorded parent-child interactions, performing meticulous video coding to assess behavioral constructs such as parental praise and challenging parental behavior (CPB). I conduct systematic literature reviews, including one supporting a forthcoming book chapter on playfulness in early childhood. I am trained in the use of REDCap for data entry and Databrary for video data management. Additionally, I assist in developing public-facing materials for the lab blog, where I help create infographics and write posts on parenting practices, child socioemotional development, and accessible family science. I also participate in lab meetings where I help refine coding protocols, discuss interrater reliability, and contribute ideas for improving our data collection processes.

## CLINICAL EXPERIENCE

Medical Assistant, Clarksburg Urgent Care

Clarksburg, MD | Feb 2024 – Present

As a medical assistant in a high-volume urgent care clinic, I support physicians in patient care by taking vitals, preparing patients for examinations, performing diagnostic tests such as EKGs and urinalysis, and assisting with minor procedures. I manage electronic medical records and document patient histories, ensuring accuracy and confidentiality in accordance with HIPAA regulations. I also maintain clinical supplies, sterilize equipment, and coordinate patient flow throughout the clinic. This hands-on experience has deepened my understanding of outpatient care and reinforced my desire to pursue a career in medicine.

Clinical Volunteer, Adventist Healthcare – Shady Grove Medical Center

Rockville, MD | Aug 2024 – Present

In the Mother Baby Unit, I assist nurses with discharge procedures, check infant car seats, and help transport newborns from the NICU to the MBU. I also help organize delivery and postnatal charts, gather supplies for mothers and babies, and support lactation consultants during appointments. This role has allowed me to witness the continuum of maternal-infant care and provided valuable exposure to patient-centered communication in a hospital setting.

Intake Volunteer, Mercy Health Clinic

Gaithersburg, MD | Jun 2024 – Sep 2024

At this low-income clinic serving primarily Spanish-speaking patients, I performed patient intake tasks such as recording vitals, conducting depression screenings, and administering blood glucose tests. I communicated with patients in Spanish and updated their medical history in the clinic's EMR system. My ability to connect with patients in their native language helped ensure accurate data collection and a welcoming clinical environment.

## SHADOWING EXPERIENCE

Stepping Stones Program, Adventist Healthcare

Rockville, MD | May 2024 – Aug 2024

Through this structured shadowing program, I observed physicians in multiple departments, including the ER, NICU, ICU, CVIR, and General Surgery. I observed appendectomies, gallbladder removals, and organ donation procedures. I also gained insight into how healthcare teams communicate during high-pressure clinical decision-making and how holistic care is delivered across specialties.

University of Maryland School of Medicine

Baltimore, MD | Dec 2023 – Jan 2024

I shadowed ENT specialists and internal medicine physicians, observing procedures such as laryngeal botox injections, tracheostomies, and flexible laryngoscopy using a transnasal

endoscope. I attended clinical rounds and reviewed diagnostic imaging while also researching relevant topics to strengthen my understanding of ENT medicine.

Shadowing with Dr. Smita Mengers, Pediatrician

Germantown, MD | Jun 2023 – Aug 2023

Shadowed outpatient pediatric visits and observed care related to vaccinations, growth monitoring, and developmental assessments. I engaged in case discussions with physicians and learned about the nuances of family-centered pediatric care.

## **LEADERSHIP & MENTORING EXPERIENCE**

As Co-Founder of WomensWellth, I lead initiatives to promote women's health education through workshops, campaigns, and peer engagement. We focus on topics such as reproductive rights, menstrual equity, and mental health. I also serve as a Peer Mentor in the ILS Honors College, where I support first-year students in adjusting to the academic and social challenges of college life. Additionally, I tutor refugee students through the International Rescue Committee, offering individualized support in STEM and English subjects.

## **SKILLS & TECHNICAL PROFICIENCIES**

- Clinical: Vitals, EKGs, Urinalysis, Minor Procedures, EMR Management, HIPAA Compliance
- Research: REDCap, RStudio, Databrary, Behavioral Coding, Systematic Reviews, Data Entry, Transcription
- Laboratory: Pipetting, Gel Electrophoresis, Centrifugation, Buffer Prep
- Languages: English (Native), Gujarati (Native), Hindi (Full Professional), Spanish (Professional), Urdu (Professional)

## **HONORS, AWARDS & EXTRACURRICULARS**

- Banneker Key Scholar, University of Maryland
- Do Good Mini Grant Recipient
- Dean's List, all semesters (UMD)
- National Honor Society (2018–2022)
- Cultural Engagement: Indian Dance, Classical Singing, Henna Art, Public Speaking