

## Mahbod Hajifathali

Nepean, Ontario

### Experiences:

The Council on Aging of Ottawa - Volunteering as a health issues committee member, Ottawa, Canada (March 2025 - Present)

- Collaborate with team to research, discuss, and advocate for health-related issues affecting older adults in Ottawa
- Contribute to policy recommendations and support initiatives promoting healthy aging and improved senior healthcare services
- Participate in meetings, community outreach, and planning of public awareness events or reports

Edible arrangements - Kitchen Team Member and Customer Service Associate, Ottawa, Canada (February 2025 - Present)

- Prepare and design fruit arrangements and make fresh smoothies and other menu items according to company standards, ensuring visual appeal and quality.
- Take customer orders in person and over the phone, addressing inquiries with professionalism and providing excellent service.
- Maintain a clean, organized, and food-safe kitchen environment, assisting with order packaging, prep for pickup/delivery, and overall cleanliness.
- Collaborate and communicate effectively with team members to ensure efficient workflow and timely service, especially during high-demand periods.

Experience in University of Ottawa biology, biochemistry, chemistry and physics labs as required by course, Ottawa, Canada (Fall 2023 - Winter 2025)

- Learned and improved laboratory technique skills
- Group work with a partner – split up the tasks and managed time
- Worked for than 200 hours

Race Roster - Volunteered for fundraising for Roger Nelson Children's Hospice, Ottawa, Canada (Fall 2024)

- Provided guidance and support to all participants involved in the fundraising event
- Collaborated with a team of volunteers, ensuring coordination and safety throughout the course

The council of Aging of Ottawa - Volunteered for seniors, Ottawa, Canada (Fall 2024)

- Assisted with set up, including arranging tables, chairs, and materials to ensure a smooth flow for attendees.
- Collaborated with team members to efficiently tear down and clean up
- Demonstrated strong organizational and teamwork skills, contributing to a well-organized and successful experience for seniors

Rural Ottawa South Support Services (ROSSS) – Volunteered for disabled seniors, Ottawa, Canada (Spring 2023)

- Set up the stage for music shows for seniors

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- Supported the staff and served food for seniors in church

Resalat Barbershop and Learning Institute – Volunteered in office for students for 30 hours, Tehran, Iran (Summer 2022)

- Gathered and sorted up the documents of the apprentice coming for learning
- Sorted and set up the data of the apprentice to send to the technical center to get their certificate based on their field of study and skills.

Tebian Cultural and Informing Institute and University of Shahid Beheshti, Tehran, Iran (Fall 2013 - Spring 2014)

- Group Project on raising up and observing different bacteria of humans and animals in agar plates, Gathered information about them and wrote a report to present various stages of bacteria growth.

### **Education:**

**University of Ottawa:** Ottawa, Ontario (Fall 2023 – Present)

**Field of Study:** Honours Bachelor of Science in Biomedical Science

- Interdisciplinary program that focuses on the fundamentals of human structure and function, as well as those of other animals.

**Longfields-Davidson Heights Secondary School:** Ottawa, Ontario (February 2023 – June 2023)

- Ontario Secondary School Diploma (OSSD)

### **Skills:**

#### **Technical Skills:**

- Experienced in working with Microsoft Word, Excel and PowerPoint.
- Experienced in working with Adobe Photoshop.
- Experienced in trading and investment
- Profession with Japanese Candlesticks and the patterns they show

#### **Soft Skills:**

- Work effectively in a team environment
- Detail oriented
- Quick Learner.
- Good judgment
- Team oriented

### **Awards:**

- A medal of Honor for math in a Canadian math contest (Competitive kids stem + projects) (Summer 2023)
- Two honors of appreciation for a gpa of 100/100 in highschool.
- An honor for first place in terms of gpa, politeness and behaviour, discipline and Law-abiding in highschool.
- An honor for group work and responsibility in middle school.
- A statue from middle school for the most hard-working person.
- An honor for first place in school in the meraat countrywide exam.
- Bronze medal in chess in school contest. (Spring 2015)
- Award in a contest in Tebian Cultural and Informing Institute and University of

Shahid Beheshti. (Spring 2014)

**Certifications:**

- e-Kids Certificate:
  - Concept of information technology
  - Using the computer and managing files
  - Drawing and painting
  - Word processing
  - Spreadsheets
  - Presentation
  - Communication and email

**Languages:**

- English and Farsi and familiar with some language skills of Arabic