

Andrew White

Education

Bachelor of Arts

June 2014-May 2017

University of South Florida, College of Arts and Sciences, Tampa, FL

Upon returning to college I have maintained a 3.97 GPA and will receive my bachelor's with a major in Psychology and a minor in Entrepreneurship. As of December I have 6 credit hours left to complete my degree and it will be awarded at the conclusion of the spring semester of 2017.

Vocational Training

Divers Academy International

July 2008

Commercial Diver

Tulsa Welding School

February 2008

Structural Welder

Certificates Awarded

CrossFit Level II Trainer

February 2015

CrossFit Striking Trainer

August 2013

CrossFit Kids Trainer

January 2013

CrossFit Movement and Mobility Trainer

November 2010

CrossFit Olympic Weightlifting Trainer

October 2009

CrossFit Level I Trainer

August 2009

American Council on Exercise

July 2009

Certified Personal Trainer

CrossFit Running Trainer

June 2009

CrossFit Gymnastics Trainer

May 2009

Research Experience

Research Assistant

May 2015-Present

University of South Florida, Department of Psychology, Tampa, FL

I assisted in developing and refining content for a situational judgement test that measures resilience and identifies the individual's preferred behavioral and cognitive coping mechanisms in regards to resilience. Additionally I performed an informal literature review into job burnout, coping strategies, and stress in medical personnel and first responders. Other projects included investigating the utility of a board game to conduct a study into the role feedback has in team efficacy and edited videos utilizing video editing software for easing rater assessment.

Future Educational Experiences

Internship/Mentorship

Jan. 2017-July 2017

Supervised by Dr. Brian Lawton, The Doctors Company, Napa, CA

This is an informal internship/mentorship that I obtained in order to gain career experience and as an informal educational opportunity. My projects will include investigating and improving organizational communication barriers, working closely with department level leadership to develop programs to enhance departmental organizational climate and culture, and interrogating the reliability and validity of an employee assessment software package.

R Programming with Swirl

Jan. 2017

I was introduced to R while taking an elective with PhD candidates and I immediately recognized the utility that R can provide. In order to become more acquainted with R and well-versed in its use, I am planning on using Swirl to further my knowledge of R Studio and R Markdown over the spring and summer.

Awards

Dean's List

Fall 2016 (unofficial)

University of South Florida, College of Arts and Sciences, Tampa, FL

Dean's List

Summer 2016

University of South Florida, College of Arts and Sciences, Tampa, FL

Dean's List

Spring 2016

University of South Florida, College of Arts and Sciences, Tampa, FL

President's List

Fall 2015

Florida State College at Jacksonville, Jacksonville, FL

President's List

Summer 2015

Florida State College at Jacksonville, Jacksonville, FL

Academic Excellence Award

July 22, 2008

Divers Academy International, Erial, NJ

Work History

CrossFit Ponte Vedra

2010-2015

Owner, Ponte Vedra Beach, FL

As the business owner and founder I was in leadership position in both the eyes of my customers and my employees and took to heart the role I needed to fulfill in order for the business, my employees, and customers to succeed. After researching and educating myself in many psychological principles and techniques I utilized my knowledge to help institute the change in people's lives that they purchased my services for. I strategically implemented motivational interviewing, cognitive and behavioral change techniques, and practices utilized by positive psychology to help clients meet their health and fitness related goals. I also developed and managed several employees and assisted them in relationship building techniques and how to utilize learning theory while performing their duties as employees. In addition to my role as the business owner I regularly facilitated small group classes on a daily basis as part of regular business operations.

Resolve Marine Group

2008-2009

Salvage Diver, Ft. Lauderdale, FL

Working as a diver part of a mobile salvage team I routinely traveled nationally and internationally to perform salvage operations. I was charged with maintaining company equipment, ensuring workplace safety, and all tasks as directed by the salvage engineer. The work regularly required several months to complete and 10-12 hour days 6-7 days a week. After multiple deployments to the Middle East this career didn't suit the lifestyle I wanted for myself and I began to pursue my career interests in fitness.

United States Navy

2001-2007

Aviation Warfare Systems Operator 2nd Class Petty Officer, Patrol Squadron Nine, Kaneohe Bay, HI

After my training concluded I functioned as the lead acoustic sensor operator that was directly responsible for analyzing, interpreting, and communicating sonar information to my team of 12 aircrew. I regularly performed pre mission, post mission, and intelligence briefings that department level, command level, and executive level personnel attended. An additional role was to train and groom the junior sensor operator appointed to me to take on a similar role in a different crew. My duties outside of missions included being the lead training officer for 15 junior personnel and created a program that increased effectiveness by 80% compared to previous training completion rates. I was also the assistant officer for conducting performance evaluations both in and out of the aircraft of junior and senior personnel for aircraft safety and operational effectiveness. My final extra duties involved scheduling operations for over 435 personnel and 13 aircraft by coordinating and interacting with multiple departments to maintain training and mission tempos set by the commanding officer.