

Katherine Niehaus

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EDUCATION:

Stanford University, Stanford, CA (June 2010)

Bachelor's of Science: **Biomechanical Engineering**, GPA: 4.05

Coursework: Human Biology, Organic Chemistry, Physics, Vector Calculus, Engineering, Computer Programming, Writing

Universidad de Salamanca, Salamanca, Spain (Summer 2008)

International Studies Abroad: Spanish Language Program

EXPERIENCE:

Varsity Cross-Country and Track Team Member, Stanford, CA (Fall 2006 – present)

Learned valuable time management skills by balancing classes with daily practice and weekend travel throughout the country; in-season year-round. Worked together with fellow highly motivated teammates to train and compete as one of the top teams in the country. Developed ability to perform in high-pressure situations by setting and achieving high goals on the national level.

Lab Assistant, Univ. of South Carolina Chemistry and Biochemistry Department, Columbia, SC (Summer 2007)

Synthesized new molecules for use in basic research on nanotube structures. Research has expected future applications for drug delivery. Collaborated with undergraduates through post-docs and attended weekly departmental meetings. Gained experience in lab technique, experimental write-ups, and academic research practice.

Middle School Tutor, Palo Alto, CA (October – December 2006; April – May 2007)

Tutored middle school student weekly in math, science, and writing subjects. Developed teaching skills and learned how to keep students on task. Student demonstrated increased interest in school by conclusion of tutoring program.

Team Captain, Cross-Country and Track Teams, Columbia, SC (Fall 2005; Spring 2006)

Voted team captain by peers. Implemented new motivational techniques, provided inspirational speeches, and acted as coach-athlete liaison. Led team through daily practice. Learned how to manage various personalities and keep team focused and motivated. Interacted extensively with local press.

Guest Speaker, “Kids Get Fit Triathlon” and “Mini-Marathon,” Columbia, SC (Spring 2006)

Gave motivational speeches on importance of a healthy, active lifestyle. Addressed an entire elementary school as well as participants and parents involved in a kids-triathlon. Improved public speaking and speech-writing skills.

HONORS:

Academic Awards:

- Academic All-American (2008)
- Pac-10 All-Academic First Team (2007, 2008)
- Boothe Prize Finalist (Writing Award, 2007)
- Presidential Scholar (2006)
- West Point Leadership Award (2005)
- Bausch and Lomb Honorary Science Award (2005)

Athletic Awards:

- Stanford Cross-Country Coaches Award (2008)
- All-West Regional Team (2008)
- NCAA National Champion Cross-Country Team Member (2006, 2007)
- SC State Record Holder in Cross-Country, 1600m, 3200m

SKILLS:

Computer: Experienced with Macintosh/IBM. Proficient in Word, PowerPoint, Excel. Experience with Java.

Language: Working knowledge of basic Spanish

Additional: Lab techniques (organic chemistry and biology)