

## Hridey Kapoor

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### Education

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**Lake Forest College**, Lake Forest, IL  
Bachelor of Arts in Neuroscience; Minor in Chemistry

Class of 2025  
GPA: 3.58

### Research Experience

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**Richter Scholars Program**, Schultz Lab, Lake Forest College, IL *May 2022 – July 2022 | January 2023 – May 2023*  
*Richter Scholar; Schultz Lab member*

- Utilize and analyze instruments like 400MHz Nuclear Magnetic Resonance (NMR) Spectroscopy, High-Pressure Liquid Chromatography (HPLC), Ultraviolet (UV)-Spectroscopy, Thin Layer Chromatography (TLC), and Infrared Spectroscopy (IR).
- Create stocks of Escherichia coli (E. coli), and culture while working in an active sterile field to help create and measure the Biocompatibility of reactions.
- Used software like MNova, CHEMDraw, & OpenLab Chemstation to analyze over 70 Proton NMR, Draw Chemical Structures and reactions in ACS style, and perform more than 100 HPLC on chosen vials, respectively.
- Learning and utilizing ways to present chemistry research in poster & Presentation form to nonexperts, and individuals unfamiliar with the research topic.

**Research Assistant**, Schwalbe Lab, Lake Forest College, IL *May 2022 – July 2022 | January 2023 – May 2023*  
*Schwalbe Lab member*

- Digitize Fish movement in MATLAB with DLTdv8 add-on of a 400+fps High-Speed Video.
- Modified and improved the external-stimulus apparatus to induce a fear-response in Hatchet fish.

### Internships

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**Summer Intern**, Arms and Hands lab, Shirley Ryan Ability Lab, 355 E Erie St., Chicago, IL. *May 2023 – August 2023*

- Recruited over 30 patients with Musculoskeletal issues, SCI, CP, Stroke, and Amputee/Limb Loss on the phone to join CRR (Clinical Research Registry) a non-public database to better connect researchers and potential participants.
- Analyzing Data from Motive Motion Capture app utilizing MatLab, and Calibrating IR Cameras in Motive.
- Responsible for running a Stimulation Session with SCI (Spinal Cord Injury Patients) to improve dexterity.

**Intern**, Lake Forest Acute Care, 1025 W Everett Rd, Lake Forest, IL. *August 2024 – present*

- Acquired to utilize custom patient registration software, and Electronic Medical Records (EMR) software.
- Registered over 20 patients into the system at the front desk with appropriate patient details. Took vitals on more than 50 patients, learned to take manual blood pressure, heart rate, temperature, and height and weight for Body Mass Index (BMI) calculations.
- Shadowed healthcare providers, Scribes, X-Ray Techs, Nurses, and PCTs to learn the question type and body language when providing care and asking probing questions to better understand their ailment.

### Laboratory/Courses Experience

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**Deadly Shape Hostage Brain (NEUR/BIO/PSYC 130)**, Lake Forest College, IL. *August – December 2021*

- Dissected sheep brain to observe, learn, and compare from preserved and pre-dissected human.
- Analyzed and presented research papers through PowerPoint as a Journal Club and presented posters about neurodegenerative diseases in a symposium.

### Symposiums

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**35<sup>th</sup> Annual Regional meeting of the Great lakes Chapter of The American Society for Pharmacology and Experimental Therapeutics (ASPET)**, Lake Forest College, IL

*Presented with peers*

*July 2022*

- Presented Schultz Lab research in Poster format, during ongoing research, to 10 individuals ranging from experts in the field to peers and friends.

**Richter Scholars Symposium**, Lake Forest College, IL

*Presented with peers*

*August 2022*

- Presented Schultz Lab research in a PowerPoint presentation format to an audience of 50 students and Lake Forest College Faculty.

**American Chemical Society (ACS) Annual Meeting 2022**, McCormick Center, Chicago, IL.

*August 2022*

*Presented with peers*

- Presented green chemistry Research from Schultz Lab in a poster session with the theme of the meeting “Sustainability in a Changing World” to domestic & international audiences of more than 50 chemists and individuals affiliated with ACS/Chemistry.

**10<sup>th</sup> Annual Robert B. Glassman Memorial Brain, Mind, and Behavior Symposium**

*November 2022*

*Presented with peers*

- Presented Schultz Lab research in poster format with lab peers to an audience of more than 30 peers, Lake Forest College Faculty, and Alumni.

**11<sup>th</sup> Annual Robert B. Glassman Memorial Brain, Mind, and Behavior Symposium**

*November 2023*

*Solo Presentation*

- Presented Shirley Ryan Ability Lab research in poster format with lab peers to an audience of more than 20 peers, Lake Forest College Faculty, and Alumni.

**37<sup>th</sup> Annual Regional meeting of the Great lakes Chapter of The American Society for Pharmacology and Experimental Therapeutics (ASPET)**, Lake Forest College, IL

*June 2024*

*Presented with peers*

- Presented Schwalbe Lab research in Poster format, during ongoing research, to 20 individuals ranging from experts in the field to peers and friends.

**53<sup>rd</sup> Annual Society for Neuroscience meeting (“Neuroscience 2024”)**, McCormick Center, Chicago, IL

*October 2024*

*Presented with peers*

- Presented Brain Awareness Week (BAW) and Neuroscience history at Lake Forest College, titled “Creating a Model of All-Year-Round Brain Awareness” in Poster format to 20 individuals ranging from expert educators to undergraduate students. Day 1 of SfN (Society for Neuroscience).
- Presented Brain Awareness Week (BAW) and Neuroscience history at Lake Forest College, titled “Neuroscience at Lake Forest College” in Poster format to 15 Professors with interests in enhancing their own teaching practices and learn. Day 2 of SfN.

**65<sup>th</sup> Annual Society for Integrative & Comparative Biology Annual Meeting**, Atlanta, GA

*Expected Jan 2025*

*Presenting with peers*

- Will Present Schwalbe Lab research in Poster format, during ongoing research, to audience members ranging from experts in the field to undergraduate students.

**Leadership Experience**

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**Student Government**, Lake Forest College, IL

*October 2021 – May 2024*

*Treasurer (2 terms); Senator for Class of 2025*

- Chaired Student Affairs Finance Board (SAFB) Committee & mentored the incoming board members.
- Allocated funds (>\$500,000) based upon the funding guidelines as requested by Clubs and Organizations & be an advisor to Student Government Executive board in financial decisions.
- Collaborated and consulted with the Gates Center for Leadership & Growth’s Assistant Director and Director/Associate Dean of Students to help SAFB abide by the Funding Guidelines and outreach to educate Student Leaders of the funds available.

*Senator for Class of 2025; Clubs and Organization Committee Chair*

- Educate clubs and organizations about the funding and resources available to them from the College and be a resource for them if they need any assistance running their organization efficiently and optimally.
- Assist in publicizing and coordinating student government with the student body through an active representation of campus events, tabling/ holding office hours, and distributing posters.

**Synapse**, Lake Forest College, IL

*August 2021 – May 2024*

*Co-President*

- Collaborated with “Parkhurst” Executive Chef to develop a multi-day, multi-meal event, “Brain Bites” to raise awareness about food habits and nourishment to more than 300 members of the Lake Forest Community.
- Advertised using a new modality, NFC technology into advertising for events with event posters.
- Design and Distribute posters and images for events/seminars to be shared to maintain the publicity of the club.

*Web Manager; Executive Board Member*

- Developed a multi-day event, “Brain Bites” to raise self-awareness about food habits and nourishment.
- Design posters and images for events and seminars to be shared and maintain the publicity of the club.
- Member of the Exec board to help finalize any upcoming events to be publicized.

## **The Student Affiliate of the American Chemical Society (SAACS club)**

*January 2022 – May 2024*

*Secretary; Executive Board Member*

- Organized the club meetings to keep each member of the executive board and Professors in accord.
- Write detailed minutes and action items for each exec member during meetings.

*Treasurer; Executive Board Member*

- The mission of this club is to promote learning through intellectual stimulation of students through scientific activities which are fun & intriguing.
- To teach experiential knowledge and exposure to technical material cohesively and benignly.
- Helped facilitate Chemistea every Friday, with Chemistry professors and students to have tea and snacks while chatting with Professors and peers.
- Synthesize new “Chemists of the Month” posters to highlight minority-based chemists and educate/empower students of all backgrounds to pursue their professional careers.

## **Lake Forest College Chapter of Nu Rho Psi Honor Society**

*May 2024 – May 2025*

*Co-President*

- Organized the 12<sup>th</sup> Annual Robert B. Glassman Symposium, hosting over 40 Lake Forest College Students, and 5 Alumnus showcasing their research in a poster format.
- Co-Chaired the Glassman Symposium Committee and assisted in organizing agenda, and leading the meetings.
- Coordinated The Nu Rho Psi Induction Ceremony of Faculty and Students with the Chair of Neuroscience.
- Arranged, Managed and Facilitated Activities Committee for the Neuroscience Senior Party for graduating seniors with the help of Neuroscience Faculty and Staff.

*Historian; Executive Board Member*

*May 2023 – May 2024*

- Organized and tracked documents from previous years and current year’s emails, catering orders, certificates, scripts, etc. to be passed onto the next year’s Co-Presidents.

## **Volunteering**

### **Emergency Department, Northwestern Lake Forest Hospital**

*September 2022 – April 2023*

*Volunteer*

- Maintain stocks of resources required for Linen, medical equipment, and support staff.
- Learning on-job and diversifying my experience by helping transport patients and facilitating triage with Nurse(s) to make the process more efficient and quick for all.

### **Care For Friends, Episcopal Church of the Atonement**

*February 2023 – Present*

*Volunteer*

- Provided foot care to more than 8 elderly, diabetic, and diabetic patients with calluses and in need of proper foot health. Perform a pedicure and cut/file their nails as their liking and to help restore comfort in their feet.

## **Honors and Awards**

### **Horizon Scholarship, Lake Forest College and Horizon Therapeutics, IL**

*2021 – present*

- Awarded to incoming students who demonstrate leadership and academic excellence in high school and for those who are motivated to go into the Health Professions and provide correct career guidance and support with mentors and opportunities to network.

## **Affiliations/Honor Societies**

### **Nu Rho Psi, Lake Forest College Chapter of the National Honor Society**

*April 2023– present*

### **American Chemical Society (ACS)**

*May 2022 – present*

### **Society for Neuroscience Annual Membership**

*September 2024 – present*

### **The Society for Integrative & Comparative Biology Annual Membership**

*October 2024 – present*

## **Additional Skills**

**Computer:** Touch Typing at over 100 Words Per Minute (WPM); Proficient in Microsoft Office Suite (Word, Excel, PowerPoint, OneDrive, and Teams); Able to work in Mac OS and/or Windows OS; Utilize OBS (Open Broadcaster Software), utilize Photoshop for photo Editing and Premiere Pro for Video Editing; Beginner in Soldering.

**Computer Automation/Coding Skills:** Intermediate-Expert in task scheduling in Windows 10/11 with Task Scheduler, a built-in Windows app; utilize AutoHotKeys (AHK) programming language to create GUI and windows shortcuts; Beginner in MatLab and Motive Motion Capture; Beginner-Intermediate in Python Programming language/coding (web automation), & using Raycast automation scripts and snippets (MacOS).

### **Language:**

- Native/Trilingual in English, Hindi, and Punjabi (Read/Write/Speak), with 2 years of high school French.