



MICHAELA SHTAYNBERG

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LEADERSHIP & EXPERIENCE

Founder & President

Relief 4Every1 — Remote (May 2020 – Present)

- Founded and led a COVID-19 relief initiative distributing PPE and essential supplies
- Organized fundraisers and coordinated packing and distribution efforts for homeless communities
- Promoted community engagement and social responsibility during the pandemic

Medical Intern

Complete Neurological Care — Florida (Nov 2023 – Present)

- Assisted in patient care and clinical operations
- Observed neurological procedures and supported medical staff
- Gained exposure to neurology and clinical healthcare environments

Volunteer

Mount Sinai Hospital — Florida (Aug 2021 – Present)

- Supported healthcare staff and assisted patients
- Coordinated holiday events for hospitalized children

Volunteer & Fundraiser

Stand With Us TLC Program — Florida (Aug 2021 – Present)

- Organized fundraising efforts for victims of the Israel-Palestine conflict
- Educated participants on humanitarian issues and global awareness

Fundraiser

FAIRPLAY Sports for All — Florida (Aug 2021 – Present)

- Donated sports equipment and organized activities for underprivileged children
- Promoted inclusive access to sports and recreation

Officer Aug 2021 – Present

Students Against Destructive Decisions (SADD)

- Led awareness campaigns and educational events promoting safe decision-making

Officer Aug 2021 – Present

HOSA (Health Occupations Students of America)

- Participated in COVID vaccine drives and EMT dummy-saving competition
- Developed leadership and emergency response skills

RESEARCH & PUBLICATIONS

Assistant Researcher — Neural Pathways in Anxiety

- Conducted research on neurological changes in children and adolescents affected by psychological abuse or bullying

Content Writer — Nexus Publishing

- Collaborated on SAT preparation publication "Cheat the SAT"
- Contributed to content development and educational material distribution

About Me

High-achieving high school student with a strong interest in medicine, neuroscience, and public service. Demonstrated leadership through founding and managing humanitarian initiatives, extensive hospital volunteering, and active participation in pre-medical organizations. Experienced in research, healthcare environments, and community advocacy, with a strong academic record and multilingual proficiency.

Education

American Heritage School, Plantation, FL

High School Diploma

September 2021 – May 2025

- GPA: 4.9
- SAT: 1440

Honors & Awards

- EMT Dummy Saving Competition — 2nd Place
- AP Scholar
- Best Delegate
- National Honor Society
- National Society for High School Scholars
- American Heritage Honors Breakfast

School Organizations

- **Pre-Medical Society (Officer)** — Organized events, volunteering, and educational programs
- **Psychology Club** — Participated in discussions and community outreach initiatives

Extracurricular Activities

- **Piano** — 15+ years; performances including Disney World
- **Singing** — Vocal training and public performances
- **Tennis** — Competed in intramural tournaments; placed regionally in the Southeast

Languages

- **Russian** — Native
- **English** — Native
- **Ukrainian** — Proficient
- **French** — Intermediate