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Roman Cabrera

SKILLS

#1 Communication Skills

- Practice speaking in front of a group
- Seek feedback on your written work
- Keep a journal or blog

#2 Strong Work Ethic

- Show up to work & meetings on time; get back to work promptly after breaks
- Know your priorities and see them through to completion
- Learn new skills, systems, & procedures; step-up to revise or update outdated material

#3 Teamwork Skills

- Is able to offer help
- Able to work as a team to complete assigned tasks
- Offer/receive feedback

#4 Flexibility and Adaptability

- Willing to give up what you are familiar with to try something new
- Push yourself out of your comfort zone

EXPERIENCE

Food Bank for Monterey County, 353 W Rossi St, Salinas, CA 93907 – *Volunteer*

October 2022 – December 2022

- Package food for those in need with other volunteers.
- Help supervisors in translation.
- Serve food to those in need.

EDUCATION

California high school

Cal State University Monterey Bay, 100 Campus Center, Seaside, CA 93955 – *Bachelor's Degree*

August 2019 – December 2023, Cal State University Monterey Bay

Majoring in Spanish

AWARDS

N/A