**Ellisha Tura**

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# Education

## 2017-2020 | BSc Biological Science | London Metropolitan University (2:1 predicted)

Through my studies I have built a strong foundation in biochemical concepts such as reaction processes, toxicology and biochemical metabolism. I have developed good laboratory skills, and am confident working in an aseptic environment, accurately carrying out techniques such as cell culturing. I have worked in practical settings involving the determination of total cholesterol levels and quantification of lipid peroxidation as indicators of hypercholesterolemia and oxidative stress in patients. Alongside this, my final year research project abstract was accepted to the British Conference of Undergraduate Research event which has currently been postponed to September, more details on the project can be seen in my cover letter.

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| **Year 1**  | **Year 2**  | **Year 3**  |
| Average: **71.5%**  | Average: **57.5%**  | Average: *TBA*  |
| Laboratory Science **63%**  | Metabolism **67%**  | Systems Pathology **68%**  |
| Chemistry and Biochemistry **78%**  | Molecular Biology **50%**  | Fundamentals of Biotechnology **74%**  |
| Cell and Molecular Biology **74%**  | Parasitology **63%**  | Infection Control *TBA*  |
| Anatomy and Physiology **71%**  | Microbiology **51%**  | Energy Metabolism and Endocrinology *TBA*  |
|   | Human Immunity **64%**  | Biochemical Pathology *TBA*  |
|   | Tissue Science **50%**  | Research Project *TBA*  |

# Skills

* Knowledge on topics such as aetiology, pathophysiology and treatment on common diseases, mechanisms of gene expression, genetic causes of disease and integration of the biochemical and physiological theories underlying energy homeostasis.
* Regularly produced scientific reports using appropriate scientific language and format.
* Developed research skills through identifying and evaluating relevant resources and applying knowledge gained to support good laboratory practice.
* Demonstrated a disciplined and focused attitude to achieving academic goals.

 *Laboratory:*

* Experience in using equipment such as centrifuges, autoclaves, laminar flow cabinets, plate readers, and electronic microscopes.
* Consistently adhered to protocols and policies including those related to health and safety, COSHH, and risk assessments.
* Confidently able to execute practicals under aseptic conditions to minimise contamination.

 *Data Analysis and IT:*

* Recognising significant patterns in data sets, interpreting and analysing results, presenting information clearly in graphs and tables via Microsoft Excel and Word.
* Use of SPSS software to analyse sets of statistical data.

 *Communication:*

* Working cooperatively with other students by researching the MMR disease in groups and reporting back to the cohort statistical findings, control measures, laboratory detection techniques, and available vaccines.
* Collaborated with supervisor on research project, discussed findings and problem solved to create solutions such as reverting from a THP-H to a THP-1 cell line to maintain healthy cell growth after observing unsuccessful cell growth in THP-H cells.

## 2014-2017 | A Levels | Thomas Deacon Academy

 • Biology grade C, Chemistry grade D, Economics grade C.

***2009-2014 | GCSEs | Thomas Clarkson Academy*** • 10 A\*-C grades achieved including Maths, English and Sciences.

# Employment/Work experience

## 2019-2020 (Ongoing) | Volunteer Hospital Assistant | Blue Cross Animal Hospital | Victoria, London

* Carrying out deep cleaning in operating theatres, ensuring proper disinfection of surfaces and medical equipment.
* Maintaining aseptic conditions, taking steps to minimise risk and contamination, and following all procedures with care.
* Working cooperatively with senior nurses to complete tasks to schedule. Involves good, consistent communication and use of initiative during busy periods.

## 2017-2018 (4 months) | Food Takeaway cashier/kitchen assistant | Haringey, London

* Worked in a busy environment, accurately processing orders and payment.
* Communicated effectively with colleagues to ensure customer expectations were met.
* Ensured customer satisfaction and resolved complaints.

## 2016-2017 | Off-Licence store assistant | Wisbech, Cambridgeshire

* Monitored stock levels, generated orders as needed and organised stock deliveries.
* Created spread sheets to record and calculate quarterly VAT liability.
* Accurate cash handling.

## 2016 (3 weeks) | Veterinary Practice | Pengelley and Mizen | Peterborough

* Sanitised operating areas, using an autoclave to clean surgical equipment.
* Assessed the wellbeing of animals under anaesthesia – pulse palpation, electrocardiography, blood pressure assessment, respiratory function through observation of monitors.
* Assisted with handling animals during minor surgical procedures such as bandage applications and injections.

## 2016 (4 months) | RSPCA rehoming shelter assistant | March, Cambridgeshire

* Responsible for socialising with and walking dogs.
* Managed aggressive behaviours by separating problematic dogs.

## 2016 | ZSL London Zoo Veterinary careers day programme | London

* Created a diet enrichment plan for monkeys which was designed to stimulate survival behaviour and mimic their natural habitats
* Gained an insight into the veterinary hospital of ZSL London zoo.
* Practiced the safety measures of the zoo, roles of the zookeepers, veterinary nurses and surgeons.

# Extra-curriculum

* Actively participated in the life sciences department events including the sustainability programme involving bee keeping.
* Attended events held by University’s societies such as Black History Month.
* Assisted a Year 3 primary school teacher during A-level studies. Listened to children read and helped with class activities.

References available on request:

**Hayley Lynes** | Volunteer coordinator | London Victoria Animal Hospital | SW1V 1QQ | Desk phone: 020 7932 2377 | Mobile: 078 2687 5753| E: hayley.lynes@bluecross.org.uk

**Dr Kenneth White** | Reader in Bioscience | London Metropolitan University | 166-220 Holloway Road | London N7 8DB | Tel: 020-7133-4177