

Silas Northcott

Health & Exercise Sciences Student / BL Certified
Kelowna, BC / 587-438-8897 / silasnorthcott@gmail.com
www.silasnorthcott.com

EDUCATION

University of British Columbia Sep. 2025 – Present
B.Sc. Health and Exercise Sciences – 4.30/4.33 GPA

Sir Winston Churchill High School Graduated Jun. 2025
Honour Roll

EXPERIENCE

Dishwasher Sep. 2025 – Present
Mr. Mike's Steakhouse / Kelowna, BC

- Maintained strict cleanliness and organizational standards in a fast-paced, protocol-driven environment
- Coordinated with a multidisciplinary team to support continuous service flow
- Demonstrated reliability, consistency, and attention to detail under time pressure

Babysitter 2019 – 2024

- Built trust-based relationships with families through strong communication and dependability
- Managed high-responsibility situations requiring adaptability and calm decision-making
- Ensured safety, organization, and structured routines

CLINICAL & TECHNICAL PROJECTS (FOUND ON MY WEBSITE)

Web-Based Rehabilitation Tracker

- Developed a patient-focused rehabilitation tracking tool for exercises, progress, and adherence
- Designed to support recovery accountability and clinician-patient communication

SKILLS

Personable

- Strong verbal and written communication
- Highly organized and detail-oriented
- Team-oriented with strong interpersonal skills
- Adaptable and quick to learn in clinical environments

Technical

- Microsoft 365, Google Workspace, Adobe Suite
- HTML, CSS, JavaScript

CERTIFICATIONS

- First Aid & CPR/AED level C (BL)
- FoodSafe

Updated Feb. 2026