

Rachel Pallo

rpallo@uoregon.edu | www.linkedin.com/in/rachelpallo | rachelpallo.com

Education

University of Oregon | Eugene, OR

2022 - Present

- Cumulative GPA: 3.57
- Advertising at the School of Journalism and Communication
- Marketing at the Lundquist College of Business
- Athletic Scholarship Recipient
- Summit Academic Scholarship Recipient

Experience

Student-Athlete | University of Oregon, Women's Lacrosse | Eugene, OR

September 2022 - Present

- Serve as a Junior Captain (2024), leading team initiatives to cultivate a positive and collaborative culture, while mentoring and supporting my teammates, leading to individual and team success
- Manage a demanding schedule of 20+ hours of lacrosse per week with a full academic workload (16 credits per term), showcasing exceptional organizational and time management skills to meet deadlines and achieve goals
- Represented the team at the Scholarship Endowment Dinner (2023 and 2024), engaging with donors and building relationships to secure funding and strengthen community outreach, demonstrating strong communication and networking skills
- Led the team in draw controls and groundballs for the 2024 season, setting a single-game draw control record (2024), demonstrating leadership, discipline, and a results-oriented mindset

Student-Athlete Advisory Committee (SAAC) | University of Oregon Athletics | Eugene, OR

September 2022 - Present

- Collaborate with a diverse group of student-athletes during bi-weekly meetings to represent the voice of athletes, ensuring impactful contributions to the Big Ten community
- Engage in community service initiatives with OHeroes; impacting the community through walks for Alzheimer's, volunteering at local schools, and coaching kids on how to play lacrosse

Student Employee | Castle Rock Nutrition | Castle Rock, CO

Summers 2022 – August 2024

- Created and managed organic content for Instagram and Facebook to boost engagement and elevate the online community presence
- Monitored social media trends, adjusting content to maximize engagement and produce a strong brand image
- Engaged with customers and followers on social media, fostering a strong community and enhancing brand loyalty
- Delivered daily consultations as a Herbalife distributor, building expertise in health and wellness products while promoting a personalized experience for customers
- Collaborated with a team of three experienced nutrition coaches while gaining knowledge in nutrition and sports nutrition

Stylist | Perch Denver | Denver, CO

June 2023 – September 2023

- Generated creative ideas for product development and visual merchandising, ensuring displays aligned with current fashion trends and customer preferences to enhance brand appeal
- Assisted in fulfilling customer orders by efficiently preparing and packing items for shipment and pickup to ensure a seamless and positive customer experience
- Strengthened communication and problem-solving skills by resolving styling and product-related issues, cultivating a loyal customer base

Technical Skills

- Python
- IDLE
- Final Cut Pro
- Microsoft Office (Excel, Word, PowerPoint)
- Adobe Creative Cloud (Premier Pro, Photoshop, Illustrator)
- Apple (Keynote, Pages, Numbers, iMovie, GarageBand)