

Skyler Gruner

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Education

Queen's University

3rd Year: Bachelor of Health Sciences (Honors)

2023 - Present

- Education integrating social and patient-centred approaches to healthcare with molecular, biochemical, and physiological health as main focus areas. Cumulative 4.18 GPA
- **Dean's Honour List:** Recognizes students who have achieved an academic year GPA of at least 3.5
- **Relevant Courses:** GLPH 281 Racism and Health in Canada (A+), LLCU 270 Contemporary Events and Indigenous Cultural Politics (A+), GLPH 271 Global and Population Health (A+)

Lisgar Collegiate Institute

Ontario Secondary School Diploma

2019 - 2023

- **Thorburn Prize, Principal's Award:** Presented to the student, who in the opinion of the principal, has demonstrated superior academic ability, leadership, and outstanding involvement in the extracurricular life of Lisgar with special emphasis in both athletics and arts.
 - **Lisgar "L" Award:** Presented for all-round achievement, including the Arts, Athletics, and Academics with emphasis on character and influence within the school community.
 - **Lisgar Athletic "L" Award:** Presented to the graduating student athletes who have demonstrated leadership ability and given an outstanding level of commitment to the interscholastics and intramurals.
 - **Senior Female Athlete of the Year Award**
 - **Lisgar Female Ice Hockey Award**
 - **Ontario Scholar:** For academic achievement, Grade 12 average 95%
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Employment Experience

Student Research Assistant

Bruyere Health Research Institute / Queen's University

March 2025 - current

- **Projects:**
 1. Food as Medicine: Promoting culturally safer foods as part for resident-centred care for Indigenous people living in long-term care
 2. Using public policy to support public health providers and Indigenous community leaders as change champions in initiating action on climate-related food insecurity and health in the North
- **Responsibilities:**
 - Supporting Dr. Sarah Funnell and Dr. Krystal Kehoe MacLeod in conducting qualitative research surrounding Indigenous food sovereignty.
 - Gathering, summarizing, and analyzing academic papers and other sources relevant to the research topic
 - Data collection, building and conducting surveys and interviews to evaluate sharing circles on the topic of change champions in the North
 - Performing qualitative and quantitative data analysis according to data collected
 - Assisting in drafting reports, research papers, and presentations

Student Research Assistant

Canadian Academy of Health Sciences (CAHS)

December 2023 - December 2024

- **Projects:**
 1. Assessment on Fetal Alcohol Spectrum Disorder (FASD)
 2. Assessment on Antimicrobial Resistance (AMR) and Antimicrobial Use (AMU) in Food Producing Animals
- **Responsibilities:**
 - Online survey programming using Alchemer survey software for the written input portion of assessments. "Scrubbed" incoming data and conducted preliminary analyses. Prepared data reports for written survey responses. Attended stakeholder sessions as scribe and prepared consultation summary documents. Conducted web-based searches on targeted topics and built/maintained stakeholder

outreach list. Formatted presentations/documents and assisted with reference management (APA style).

- Worked independently, completing assignments on time and effectively prioritizing tasks.

Lifeguard

Ottawa Tennis and Lawn Bowling Club (OTLBC)

June 2023 - August 2023

H2O Amenity Group - Hilton Lac-Leamy

November 2022 - June 2023

- Displayed proficiency in first responder skills (First Aid and CPR) to offer support to individuals in distress
- Responsible for safety of 100 plus members while using the pool
- Completed daily pool maintenance duties (chlorine levels, pH levels, and water chemistry adjustments)

Meal Assistant Volunteer

Perley and Rideau Veterans' Health Centre

May 2021 - August 2021

- Assisted retirement residents who could no longer feed themselves during meal times
- Supported the health and well-being of residents, bringing energy to the community using strong interpersonal skills during meals and by performing violin and piano on select occasions
- Represented the health centre positively and professionally, and maintained clean, neat operational facilities to serve program needs.

Rideau Canal Skateway Skate Patrol

National Capital Commission (NCC) and H2O Amenity Group

December 2021 - March 2022

- Displayed proficiency in first responder skills (First Aid and CPR) to offer support to individuals in distress
- Maintained safe skating environment on the Rideau Canal Skateway in Ottawa, ON, preventing injury and administering First Aid when necessary
- Provided customer service along the Skateway, assisting patrons in medical and non-medical situations

Extracurricular Activities

Ontario Women's Hockey League (OWHL): Played at the highest level of women's hockey in Ontario. Formerly the PWHL (Provincial Women's Hockey League). Competed for the East Ottawa Jr. AA Stars as a forward (position: centre), devoting 14 hours/week. Developed strong teamwork, commitment, and leadership skills.

Queen's Health Outreach - Campus Outreach Coordinator (2025-26), Northern Initiative Director (2024-25):

Planning and organizing outreach events across the Queen's University campus, collaborating with other clubs and hosting engaging activities for current and prospective members. Establish health education initiatives in Northern Ontario, collaborate with communities to work towards sustainable opportunities for youth engagement, leadership, and health conversations.

Queen's Outdoors Club - Head Trip Leader Executive (2025-26): Oversee the trip leader executives on the Outdoors Club executive team who organize, plan, and lead outdoors activities. Lead overnight and day trips for the club general members, ensuring safety and accessibility for all participants.

Classical Violin: Studied classical violin for 15 years and performed with an orchestra at the educational awards ceremony in Ottawa wherein the Prime Minister Justin Trudeau was present. Also competed and placed in the Kiwanis Music Festival multiple years consecutively.

Classical Piano: Studied classical piano for 15 years and completed the Royal Conservatory of Music level 8.

Additional Information

Languages: English (Native), French (Fluent), Spanish (Elementary)

Certifications: Standard CPR and First Aid, Wilderness First Aid (WFA), National Lifeguard Service (NLS)