

Ira Rock
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Fayetteville, AR 72701
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OBJECTIVE

To obtain a sales internship position at ConAgra Foods, Inc.

EDUCATION

Bachelor of Arts in Communication

University of Arkansas- Fayetteville, Arkansas
Dean's List 2008, 2009
GPA: 3.7

Expected: May 2012

Universita per Stanieri- Siena, Italy
Studied Italian language and culture

June- August 2009

EXPERIENCE

Administrative Volunteer

American Red Cross- Fayetteville, Arkansas

January 2009- Present

- Created a walk-in database that decreased amount of wait time by 30%.
- Partnered with Veteran's Club for Salute a Veteran Day gaining 50 new quarterly blood donors.

Event Volunteer

Susan G. Komen – Fayetteville, Arkansas

August 2009- October 2010

- Contacted and reserved more than 20 sponsors for Race for the Cure.
- Gained televised recognition for Cheerios by hosting Susan Stories.
- Developed a marketing campaign for Cheerios that improved customer loyalty.

Cashier

Giant Food Stores- Mandyville, Maryland

June- August 2008 & 2009

- Asked by management to work full time during summer breaks.
- Selected as Employee of the Month for above-and-beyond performance and adherence to company standards each summer.

LEADERSHIP

Intramural Soccer

2008-Present

Team Captain, 2010

- Enhanced team spirit with optimistic attitude.
- Communicated schedules to all players in a timely manner.
- Organized 3 team victory celebrations.