

Avery Freeman

Research Technician

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STRENGTHS

- ✔ **Protocol discipline**
Prepared solutions from established formulations and recorded details carefully, so research staff could trust each material.
- 📁 **Research organization**
Kept samples, records, and supplies easy to locate during busy study periods. Small improvements made daily work calmer.
- 🐾 **Animal colony support**
Maintained cage, genotype, and activity records with care. Consistent updates helped research staff make informed decisions.
- ♥ **Safety awareness**
Followed biological, chemical, equipment, and animal procedures in shared spaces. Colleagues valued a steady approach.
- 🔍 **Quiet reliability**
Noticed label and inventory discrepancies before experiments began. That early check often protected an entire work session.

SKILLS

Neuroscience Molecular biology

Research animals

Animal colony records

Routine lab procedures

Reagent preparation

Buffer preparation

Solution preparation

Laboratory records

Inventory management

SUMMARY

Biomedical **research technician** with three years of academic laboratory experience supporting neuroscience and molecular biology studies. Work has included hippocampal signaling, **learning and memory**, neural biology, adult research activities, reagent preparation, buffer and solution preparation, sample handling, animal colony support, laboratory maintenance, inventory control, and accurate research documentation. Follows established protocols carefully, records lot information and experimental observations, and keeps shared materials ready for scheduled work. Experience includes routine molecular biology procedures, organized sample identifiers, colony records, safety practices, and coordination with research staff. A steady, detail focused approach supports dependable laboratory operations across concurrent studies. Background aligns well with research involving neuronal circuitry, **hippocampal function**, emotion regulation, and **adult hippocampal neurogenesis**, with practical contributions that keep experiments traceable, safe, and prepared.

EXPERIENCE

Research Technician, Neuroscience Research

Allegheny Neuroscience Research Center 📅 July 2025 - Present 📍 Pittsburgh, PA

Supports **neuroscience** studies involving hippocampal signaling and memory related biology. Maintains protocol ready materials, animal resources, records, supplies, and molecular biology workflows while coordinating observations with research staff.

- Prepared daily **reagents** and **buffers** from approved formulations, preserving reliable experimental setup.
- Documented concentrations, lot information, dates, and storage conditions for traceable solution use.
- Maintained cage, genotype, and study records for routine research **animal colony** activities.
- Performed **molecular biology** sample preparation under approved protocols, recording conditions and observations.
- Tracked consumables and **research materials**, preventing shortages during scheduled laboratory work.
- Maintained safe work areas for biological materials, chemicals, equipment, and research workflows.

Laboratory Technician, Biomedical Research

Three Rivers Biomedical Laboratory 📅 August 2024 - June 2025 📍 Pittsburgh, PA

Supported **biology** and biomedical projects through routine procedures, solution preparation, sample organization, inventory tracking, animal colony activities, and accurate documentation. Helped investigators keep materials traceable and experiments ready.

- Prepared buffers and laboratory **solutions** from written protocols, verifying calculations and labels.
- Reconciled physical reagents and disposables with inventory records before scheduled experiments.
- Maintained organized records for routine **animal colony** activities, handling, sanitation, and safety.
- Arranged samples and **research materials** for efficient retrieval of identifiers and protocol details.
- Flagged label, inventory, and protocol discrepancies before experiments began, limiting preventable interruptions.
- Recorded routine procedure details and material information for dependable biomedical project support.

Undergraduate Neuroscience Research Assistant

University Research Lab 📅 September 2023 - May 2024 📍 State College, PA

Supply tracking

Laboratory maintenance

Protocol compliance

Laboratory safety

Research documentation

LANGUAGES

English Native

Spanish Intermediate

MY CAREER



● Research Technician, Neuroscience Research at Allegheny Neuroscience Research Center (1.2 Years)

● Laboratory Technician, Biomedical Research at Three Rivers Biomedical Laboratory (10 Months)

● Undergraduate Neuroscience Research Assistant at University Research Lab (8 Months)

Supported a supervised neuroscience project examining **hippocampal function**, learning, and memory. Prepared materials, maintained study records, assisted with animal colony procedures, and documented introductory molecular biology work for graduate staff review.

- Prepared basic reagents, buffers, and sample materials for scheduled supervised experiments.
- Maintained sample identifiers and study records across a semester research dataset.
- Supported **animal colony** activities through supervised training and accurate activity records.
- Applied introductory **molecular biology** methods to prepared samples under graduate staff review.
- Recorded procedural steps, deviations, and observations for clear research documentation.
- Presented methods and findings at an undergraduate research forum with concise scientific context.

PROJECTS

Hippocampal Signaling Study 📅 2024

Supported a supervised study of hippocampal function, learning, and memory through sample preparation, structured records, protocol review, and presentation of findings.

Laboratory Inventory Workflow 📅 2025

Built a practical tracking workflow for reagents, disposables, preparation details, storage conditions, and research materials used across routine laboratory activities.

LEADERSHIP & AWARDS

- Undergraduate Research Forum Presenter, Pennsylvania State University, 2024
- CITI Program Completion Recognition, Laboratory Animal Training, 2025
- Research Staff Recognition for Accurate Laboratory Records, 2025

EDUCATION

Bachelor's Degree in Neuroscience

Pennsylvania State University 🎓 GPA: 3.7 📅 2024 📍 State College, PA

Coursework: Neuroscience, molecular biology, hippocampal function, research methods

CERTIFICATIONS

- CITI Program, Working With Laboratory Animals 📅 2025
- CITI Program, Biosafety and Biosecurity 📅 2024

TECHNICAL SKILLS

- **Neuroscience Research:** Hippocampal biology, neural signaling, learning and memory
- **Molecular Biology:** Sample preparation, molecular methods, cellular mechanisms
- **Solution Preparation:** Reagents, buffers, laboratory solutions
- **Research Animal Support:** Animal handling, colony records, cage records
- **Laboratory Documentation:** Protocol records, sample identifiers, observations
- **Inventory Systems:** Consumable tracking, reagent logs, supply reconciliation
- **Laboratory Safety:** Biosafety, biosecurity, chemical safety
- **Research Protocols:** Established procedures, protocol compliance, controlled workflows
- **Sample Management:** Sample handling, labeling, traceability
- **Laboratory Operations:** Bench preparation, maintenance, shared equipment
- **Biomedical Research:** Neuroscience studies, biology studies, biomedical studies
- **Animal Research Training:** CITI laboratory animals, approved handling, sanitation
- **Recordkeeping Tools:** Lot tracking, concentration records, storage records
- **Experimental Support:** Routine procedures, material preparation, observation logging
- **Research Materials:** Buffers, reagents, disposables, protocol materials

PROFESSIONAL AFFILIATIONS

- Pennsylvania State University Neuroscience Research Community
- Academic Biomedical Research Laboratory Network

- Institutional Laboratory Safety and Compliance Community

ADDITIONAL INFORMATION

Work Status : Authorized to work in United States. No sponsorship required.

REFERENCES

AVAILABLE ON REQUEST