

CINTHIA LOPEZ

COMMUNITY OUTREACH AND PROFESSIONAL DEVELOPMENT

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I'm a dedicated community advocate, Army Reservist, and nonprofit founder committed to empowering students, service members, and veterans. With a background in biology and a current pursuit of an MBA in Human Resources, I blend my passion for education, public health, and leadership to create meaningful impact. Through my work with organizations like Helpful Army Links and Fomentando Sonrisas Puerto Rico, I provide resources, workshops, and support initiatives focused on career development, mental health, and academic success. My journey in service and community outreach continues to drive my mission: to help others unlock their full potential.

AREA OF EXPERTISE

Educational Development Nonprofit Leadership & Community Engagement Leadership & Mentorship

KEY ACHIEVEMENTS

- **Founder of Two Nonprofit Organizations:** Established Helpful Army Links and Fomentando Sonrisas Puerto Rico, supporting students, service members, and veterans through educational and career resources, mental health awareness, and community workshops.
- **Educational Workshop and Conference Leader:** Organized and led workshops and conferences in Puerto Rico, especially on the west side of the island, focusing on career and educational advancement, mental health, suicide prevention, and domestic violence awareness.

PROFESSIONAL EXPERIENCE

English, Science and History Tutor, Upward Bound Program

Feb 2024 - Present

As an English, Science, and History Tutor at the Upward Bound Program, I provide academic support and guidance to students in various subjects. I create engaging lesson plans and activities to facilitate learning and understanding. Additionally, my role involves fostering a positive and inclusive learning environment and addressing the individual needs of each student to ensure their success.

- Create and deliver engaging tutoring lesson plans to facilitate student learning and understanding.
- Assess student progress and provide feedback to support academic development.
- Foster a positive and inclusive learning environment, addressing the individual needs of each student.
- Provide academic support and guidance to students in various subjects.
- Facilitate discussions and activities that promote critical thinking and academic growth.

Human Resources Specialist, US ARMY RESERVES

Apr 2023 - Present

As a Human Resources Specialist in the US Army Reserves, I provide administrative or support services. These include but not limited to following tasks:

- Maintaining current knowledge related to HR work activities.
- Maintaining records, documents, or other files.
- Personnel information management.

Training Specialist, Krispy Kreme

2021 - 2023

As a Training Specialist at Krispy Kreme, I was responsible for developing and delivering training programs to enhance employee skills and knowledge. I created engaging training materials and facilitated interactive training sessions to promote effective learning. Additionally, I collaborated with colleagues to identify training needs and evaluate the effectiveness of training programs to ensure continuous improvement.

As a Colgate public speaking intern, I promoted oral health by delivering educational presentations on dental hygiene, preventive care, and the impact of oral health on overall wellness. Through engaging talks and interactive sessions, I educated diverse audiences on the importance of maintaining good oral health practices, reinforcing Colgate's commitment to community health and wellness.

EDUCATION

BIOLOGY BACHELOR

Aug 2017 - May 2024

Inter-American University of Puerto Rico, San Germán Campus

- Vice President of the Student Council (2021–2022), leading student governance, organizing events, and enhancing student engagement.
- Served as Undergraduate Student Senator (2019–2022), advocating for student interests and contributing to campus initiatives.
- Was recognized by the Dean of Students for my outstanding leadership within the university. (2019)
- Represented the university at the 2019 ASDA District 5 Annual Meeting and the HACU 33rd Annual Conference (2019).
- Co-Founded the first ever dental student organization in the university (2018)

Human Resources Specialist Course

Sep 2023 - Nov 2023

Adjutant General School of the United States Army Soldier Support Institute

- Certificate of Achievement for exceptional performance in the assistance of the Columbia Recruiting Battalion prospecting event.
- Certificate of Achievement for exceptional performance as the soldier that best epitomized the Seven Army Values during advanced individual training.
- Certificate of Appreciation for unconditional help in the Ushers Ministry of Alcance Militar, our Hispanic Service in Fort Jackson

COMMUNITY EMPOWERMENT LEADERSHIP & VOLUNTEER WORK

Helpful Army Links Corp.

Sep 2024 - Present

Founder

- Developed and lead a nonprofit dedicated to empowering Army service members, veterans, and their families through curated educational resources, career guidance, and mental health advocacy. Organized workshops and conferences focused on career readiness, personal development, and wellness, fostering resilience and growth within the military community. Curated a comprehensive online resource link for easy access to career, educational, and personal development tools tailored to help its user success. Showcased leadership stories through interviews, providing insight and inspiration for service members navigating their career paths. Advocated for mental health, suicide prevention, and domestic violence awareness to promote holistic well-being within the military community.

Fomentando Sonrisas Puerto Rico Inc.

Feb 2021 - Present

Founder

- Established and lead a nonprofit focused on enhancing academic success for students in Puerto Rico through educational support, community engagement, and oral health advocacy. Organized workshops and tutoring sessions to help students develop critical academic skills and explore career paths. Promoted oral health awareness through community outreach events, emphasizing the impact of dental hygiene on overall well-being. Built a supportive network for students and families, fostering a culture of learning and personal growth within underserved communities.
- Received official recognition from the Senate of Puerto Rico in 2021 (Motion No. 2021-0241) for founding Fomentando Sonrisas Puerto Rico, acknowledging its positive impact on educational and community development.

JCI Puerto Rico

2019 - 2023

Past National Vice-President

- As National Vice-President (2022), Chapter President of JCI Mayaguez (2021-2022), and Chapter Secretary of JCI San Germán (2019-2020), I spearheaded initiatives and events supporting community and professional development. In JCI Puerto Rico, I provided strategic planning support for the national TOYP Awards and served as Deputy Director for the JCI Puerto Rico Political Leadership Academy. I founded the "Traveling with JCI Mayaguez" initiative, promoting Puerto Rican towns and businesses, and established an alliance with Gotita de Amor, a community support initiative. Additionally, I contributed to various leadership and environmental projects, enhancing JCI's impact on local communities.

Puerto Rico Pre-Dental Association, San Germán Chapter

2017 - 2021

Co-Founder

- As Vice President, I managed recruitment, oversaw university communications, organized conferences, represented the association at official events, and served as public relations officer. As President, I presided over meetings, built partnerships with our advisor, university, and collaborators, and led the creation of educational initiatives like the Dental Professions Conference for high school students and the Dental Anatomy Carving Workshop. I launched the Pre-Dental Tour in 2019, offering workshops on dental health topics. I also participated in events such as the ASDA Puerto Rico 47th Annual Convention (2019), the Caribbean Oral Health Congress (2019), and the ASDA District 5 Annual Meeting (2019), as well as local health fairs and community service projects. Through these roles, I advanced the organization's community impact and supported the professional growth of future dental professionals.

ADDITIONAL INFORMATION

- **Languages:**

Spanish: Native ★★★★★

English: Advanced ★★★★★

- **Certifications:** Community Emergency Response Team (CERT) and Basic Skills Education Program (BSEP).
- **Awards:** Battalion Soldier of Month October FY24 (2023), The Army Achievement Medal (2023), Recognized as the soldier that epitomized the Seven Army Values (2023), Motion No. 2021-0241 by the Senate of Puerto Rico (2021), Leadership Award by the Dean of Students (2019) Best GPA by ROTC Tiger Company (2018), Scholastic Excellence Award by United States Marine Corps (2017)