

Elijah Frost

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Education

Expected May 2030
Baltimore, MD

Johns Hopkins University

B.S. in Neuroscience (intended)

Coursework, Fall
2026

Introductory Organic Chemistry I, Probability and Statistics for the Life Sciences, Foundations of Brain, Behavior and Cognition

2022 – 2026
Troutdale, OR

Reynolds High School

Diploma, unweighted GPA 4.0, class rank 5 of 534

2022 – 2026
Gresham, OR

Mt. Hood Community College

Dual-credit and summer coursework

Research Experience

Summer 2024
10 weeks
Portland, OR

Research Intern

Gibbs Lab, Oregon Health & Science University

Fluorescence Molecular Imaging Internship · PI: Dr. Summer L. Gibbs

- Cultured cells, performed bioconjugation, and immunostained samples for a lab developing fluorescent contrast agents for cancer imaging and image-guided surgery
- Assisted with the synthesis and spectroscopic characterization of fluorescent contrast agents
- Imaged labeled cells and samples by fluorescence microscopy and macroscopic fluorescence imaging, and analyzed the images

Summer 2023
8 weeks
Portland, OR

Research Intern

Galbraith Lab, Oregon Health & Science University

Quantitative Biology and Biophysics Internship · PIs: Dr. Catherine G. Galbraith and Dr. James Galbraith

- Prepared fluorescently labeled samples and assisted with time-lapse and super-resolution microscopy in a lab studying cell migration and adhesion by single-molecule imaging
 - Assisted with molecular biology and nanofabrication work in the lab
 - Analyzed time-lapse and super-resolution image data
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Leadership & Service

Mar 2025 – 2026
Portland, OR

Founder and Full-Stack Developer

Medical Gateway · State-registered nonprofit

- Built and ran a web platform that connected 500+ aspiring medical students with physicians, residents, and nurses
- Developed the platform's content management system and user profiles

Oct 2024 – 2026
Portland, OR

Founder and Executive Director

Generous City · Registered nonprofit

- Built the organization from 0 to 30+ active volunteers and directed 20+ community outreach campaigns
- Raised \$50K+ in donated supplies and delivered food, water, hygiene items, and naloxone to 1,000+ people

Sep 2024 – 2026
Gresham, OR

Founder and President

HOSA-Future Health Professionals chapter, Center for Advanced Learning

- Recruited 50+ founding members and coordinated with school administration

Sep 2024 – 2026
Portland, OR and
Vancouver, WA

President and Curriculum Developer

Ohana Self-Defense · 501(c)(3) nonprofit

- Created a trauma-informed self-defense curriculum adapted for different populations
- Trained staff instructors on teaching approaches and safety protocols

- Oct 2022 – 2026
Portland, OR

Co-Founder and Lead Instructor

Rose City Self Defense · City of Portland Safe Blocks Program
 - Created an evidence-based self-defense curriculum for at-risk youth and led workshops and town halls
 - Trained trainers who reached 11,000+ community members citywide
 - Coordinated with the Portland Office of Violence Prevention and community partners
- 2022 – 2026
Portland, OR

Volunteer Team Lead

Oregon Food Bank
 - Led sorting and distribution operations across 500+ volunteer hours
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Experience

- 2022 – 2024
Portland, OR

Youth Programs Manager

Montavilla Community Center, Portland Parks & Recreation
 - Managed a team of 15 seasonal staff across multiple program sites
 - Oversaw daily programming and educational content for about 75 children in grades K through 8
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Skills & Certifications

- Laboratory

cell culture, bioconjugation, immunostaining, fluorescence microscopy, time-lapse and super-resolution microscopy, image analysis
- Computing

Python, JavaScript, LaTeX
- Familiar with

NumPy, pandas, Matplotlib, MATLAB, ImageJ, Git, Jupyter
- Certifications

laboratory safety training (OHSU)