

Lauren Thomas

High School Senior

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PROFESSIONAL SUMMARY

Ambitious and dedicated high school senior aspiring to become an attorney. Striving to leverage my 97.28 cumulative average, with strong work ethic and proven leadership skills. My experience in Ballet, Basketball, ALA Girl State, and the Falcon Ambassador program has instilled in me the importance of teamwork, time management, and perseverance, qualities I am eager to apply to future endeavors.

EDUCATION

09/2022-06/2026

High School Diploma

Albertus Magnus High School, Bardonia, NY

- **GPA: 97.28**
 - Honor Roll for Academic Excellence 2022 – Present
 - AP Scholar with Honor
 - **Membership:**
 - ★ National Honor Society – Present
 - ★ National Society of High School Scholars (NSHSS) – Present
 - **Current Classes:** AP Biology, AP Biology Lab, AP English Literature & Composition, AP European History, Calculus College Prep, College Spanish Honors (Rockland Community College), and Theology 12 College Prep.
 - **Expected Graduation:** May 29, 2026
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ACOLADES

7/2025 AP Scholar Award

The College Board

08/1 - 3/2025 2X Battle of NY Varsity Basketball Tournament Champion

Albertus Magnus High School, Bardonia, NY

05/14/2025 TRACK EVENT: Triple Jump Section One Athletics All-League

Albertus Magnus High School, Bardonia, NY

04/30/2025 Certificate of Special Congressional Recognition of New York State Girls Basketball Champions

Albertus Magnus High School, Bardonia, NY

03/23/2025 NYSPHAA Girls Basketball State Champions

Albertus Magnus High School, Bardonia, NY

03/22/2025 NYSPHAA Girls Basketball Sportsmanship Award

Albertus Magnus High School, Bardonia, NY

6/2022 Graduating Class Salutatorian

St. Gregory Barbarigo School, Garnerville, NY 10923

5/25/2022 Catholic Daughters of the Americas Court of Arc 604 Essay Contest

St. Gregory Barbarigo School, Garnerville, NY 10923

**EXTRA-
CURRICULAR
ACTIVITIES**

05/2022 - Current

Lead Falcon Ambassador

Albertus Magnus High School, Bardonia, NY

- Serve as a panelist during Open Houses.
- Collaborate with student and faculty teams to develop strategies for student outreach.
- Promote mission, vision, and culture of Albertus Magnus High School to prospective students to increase enrollment.

05/2024 - Current

Mentoring Program

Albertus Magnus High School, Bardonia, NY

- Selected from a highly competitive pool of applicants, three out of eighty-seven students, to be a part of the Senior Leadership Team for the 2025-2026 Mentoring Program. For this position, I attend various events that I have aided in planning for Albertus Magnus High School.
- Act as a peer mentor to facilitate the transition of incoming freshmen into Albertus Magnus High School students.
- Help host functions, such as new student orientations, for student integration.
- Engage in day-to-day interactions and scheduled meetings with freshman mentees throughout the year to ensure assimilation and provide insight.

09/2025 - Current

Chief Sports Editor of *AM Bird Is The Word* Digital Student Newspaper

Albertus Magnus High School, Bardonia, NY

- Develop and implement social media strategies, resulting in an increase in followers on Instagram.
 - Collaborate with a team of writers and editors to produce sports updates.
 - Coordinate visual content and photo assignments to enhance storytelling.
 - Edit and refine stories submitted to ensure clarity and engagement.
 - Maintain and update digital platform.
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06/2025 – 7/2025

American Legion Auxiliary Empire Girls State Program

The College at Brockport SUNY, 350 New Campus Drive, Brockport, NY

I was selected to participate in Girls State. The American Legion Auxiliary units in all 50 states host ALA Girls State, a week focused on responsible citizenship, leadership, and government. The program is designed to provide participants with insight into government operations and highlight the roles individuals play within a democratic system. High school juniors are chosen to attend workshops centered on leadership, citizenship, and the political process, including creating a model government from the county to the state level. This experience allows students to learn about the privileges and responsibilities of leadership and citizenship.

In the summer of 2025, I attended the American Legion Auxiliary Empire Girls State program, where I gained experience in governance, participated in the Criminal Justice Committee, and served as District Attorney for Ride County. In these roles, I contributed to drafting bills, took part in legislative sessions, and managed legal cases. As District Attorney, I worked with a legal team, handled complex situations, and developed skills in working with victims and law enforcement. My nomination came from my history teacher, Thomas Anderson, which provided an opportunity to further explore my interest in law. Entering my senior year, I have decided to pursue the study of law in college and consider it as a career path.

09/2012 - Current

Ballet Dancer

Coupe Dance Theatre, Nanuet, NY

- I love ballet and have been dancing since I was four years old. Currently, I attend 2 Ballet and Company classes each week.
- Demonstrate grace, athleticism, and a professional attitude during long rehearsals and performances.
- Adapt quickly by mastering challenging choreography and routines.
- Over the years, I have developed professional relationships with dance professionals, choreographers, and performers by actively listening and effectively communicating.

11/2024 - Current

Varsity Basketball Team Player

Albertus Magnus High School, Bardonia, NY

- Captain of the Girls Varsity Basketball Team of 2025-2026
 - As a Varsity basketball player, I react to complex game situations quickly and effectively.
 - Exercise strong leadership skills and practiced self-discipline on and off the court.
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- Maintain optimum physical fitness levels by training regularly, practice under the direction of athletic trainers or professional coaches to develop skills, improve physical condition, and prepare for competitions.
- Accept constructive criticism from coaches and teammates to improve my skills.
- Assess performance following athletic competition, identify strengths and weaknesses, and make adjustments to improve future performance.
- Demonstrate commitment and responsibility towards fellow players and coaches through genuine respect and dedication to the sport.
- Proactively participate and contribute to community service efforts.
- Complete speaking engagements and appearances at events.

11/2022 – 3/2024

Junior Varsity Basketball Team Player

Albertus Magnus High School, Bardonia, NY

- I taught myself how to play basketball at a young age, a hobby soon turned to a love that intensified during Covid.
- My passion for the game helped me advance to junior varsity surpassing the freshman team.
- I lead the team by playing as a starter.

11/2025 – Current

Varsity Track and Field

Albertus Magnus High School, Bardonia, NY

- Captain of my Track and Field team.
- Travel to various track and field meets to compete against top athletes.

07/2022 - Current

Lady Falcon Basketball Summer Camp Counselor

Albertus Magnus High School, Bardonia, NY

- Help to oversee and facilitate all activities
- Teach attendees new basketball drills to improve their game
- Throughout my years of employing this position, I have had an amazing opportunity to make a positive impact on children's lives.

06/2022 - Current

Albertus Magnus Falcons All-Sports Summer Camp Counselor

Albertus Magnus High School, Bardonia, NY

- Help to oversee and facilitate all activities
 - Teach attendees new skills to improve their game
 - Network and share ideas with fellow students
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10/2023 - Current

Chess Club

Albertus Magnus High School, Bardonia, NY

- Engage in chess lessons.
- Learn chess fundamentals, including notation, game etiquette, and tournament rules.
- Chess is fun, and it helps with enhancing my cognitive skills like problem-solving, critical thinking, and strategic planning, as well as improved memory, focus, and decision-making abilities.

10/2022 - Current

Building Bridges

Albertus Magnus High School, Bardonia, NY

- Vice President of Building Bridges Club, 2025-2026
- Work to promote understandings between different groups and making communities stronger.
- Organize in school and extracurricular events to celebrate people of all ethnicities.
- Host meetings to discuss current worldly events.

**VOLUNTEER
EXPERIENCE**

From elementary to high school, I have completed over 200 volunteer hours of community service by providing technological assistance at my local library, being a Buddy Ball Counselor at my school, public speaking during school events, helping prepare for school events, working at and donating to food pantries, assisting with my communities annual Rides & Strides charitable marathon events, engaging with and donating to elderly nuns, and working as a camp counselor over the summer.

**SKILLS +
INTERESTS**

Technical Skills: Microsoft Office, Teams, MacBook
Soft Skills: Excellent Verbal and Written Communication, Public Speaking, Analytical and Critical Thinking, Self-Motivated, Dependable and Responsible, Attentive, Decisive, Collaborative
