

PETER NOWLAN

157 Charles River Street, Needham, MA 02492
(781) 400-6468 | peter.m.nowlan@gmail.com

EDUCATION

Ithaca College: Ithaca, NY Graduated: May 2025
Major: Politics
Minors: Journalism & Sociology

Needham High School: Needham, MA Graduated: June 2021

WORK EXPERIENCE

Pete's Paddies, Ithaca, NY 2022 - 2023

Founder & Operator

- Launched a successful late-night burger business from dorm room to fund college expenses
- Sourced ingredients, managed inventory, determined pricing strategy, and executed food preparation and customer service
- Gained practical experience in entrepreneurship, budgeting, and grassroots marketing

The Ithacan, Ithaca, NY 2024

Contributing Writer

- Conducted interviews, gathered background research, and wrote original content with editorial feedback
- Upheld standards of journalistic accuracy and integrity

Hospitality & Grounds Positions 2022 - 2024

Charleston SC, Dedham MA, and Wellesley MA

- Delivered high-quality customer service as a waiter, valet attendant, busser, and camp counselor
- Maintained golf course grounds and landscaping as a groundskeeper
- Led campers and created engaging activities as a camp counselor
- Demonstrated work ethic, adaptability, responsibility and communication in diverse environments

Needham Youth Lacrosse, Needham, MA 2021

Coach

- Designed and led practice sessions tailored to player development
- Fostered a positive and motivating atmosphere for young athletes

LEADERSHIP & ACTIVITIES

Student-Athlete, *Men's Varsity Lacrosse*, Ithaca College 2021 –2025

- Attended all team practices, workouts, film sessions, and games
- Became strong in areas of mental toughness, execution under pressure, discipline, integrity, communication, and teamwork

Member, *Student Athlete Advisory Council (SAAC)*, Ithaca College 2023 –2025

- Vocal advocate for student-athlete needs and interests
- Collaborated with other team representatives across different sports to brainstorm initiatives that enhanced the student-athlete experience
- Demonstrated a commitment to social responsibility through community service and student-athlete representation

Member, *Leadership Academy*, Ithaca College 2021 –2025

- Met with other student-athletes to reinforce goals of team success and how to uphold good leadership qualities

Captain, *Boys Varsity Lacrosse*, Needham High School 2021

- Motivated players to buy in to team goals, became a leader on and off the field

Volunteer Coach, *Rocket Lacrosse Camp*, Needham, MA 2021 & 2022

- Helped plan and lead practices

Member, *National Honors Society*, Needham High School 2019 - 2021

- Maintained a GPA above 4.5/5.0
- Provided community service through tutoring