

PETER NOWLAN

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EDUCATION

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

Needham High School: Needham, MA Graduated: June 2021

WORK EXPERIENCE

Charles River Country Club, Newton, MA 2025-Present
Waiter

- Gained valuable communication skills in providing members with a high-end dining 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

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

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

Member, National Honors Society, Needham High School 2019 - 2021
• Maintained a GPA above 4.5/5.0
• Provided community service through tutoring