

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

Newton News, Newton, MA 2026-Present
Intern Reporter

- Covered newsworthy local events in Newton
- Used camera equipment and Adobe Premiere Pro to gather footage, interview people, write a story, and edit the story to create a video product

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

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

Coach, *Needham Youth Lacrosse,* Needham, MA 2021

- Designed and led practice sessions tailored to player development

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

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