

Andrew Bouras

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Ashburn, VA

AVAILABILITY

[Internship](#)

[Calendly](#)

PERSONAL WEBSITES

[LinkTree](#)

[Notion](#)

[BourasLife](#)

EDUCATION

Virginia Polytechnic and State University, Blacksburg, VA

Bachelor of Science in Clinical Neuroscience

December 2020

- GPA 3.63, Science GPA: 3.60, Dean's List Awards, Honors

PRESENTATIONS

[*My Past and Trajectory Forward*](#)

April 2022

Entrepreneurship Club, Virginia Tech, Blacksburg, VA

- Discussed my upbringing and time in college, the metaphysical underpinnings to my entrepreneurial spirit, past projects, current ambitions, and future plans
- [Offered internship role availability](#) for audience members to collaborate in which we hired a computer modeling and data analytics senior student
- Established plans to return for semesterly update speeches

WEB 3 EXPERIENCE

Founder - PremedDAO (Decentralized Autonomous Organization)

February 2022 – Present

Remote

- Created a [Mirror crowdfund](#) for market connections, influencers, venture capitalists
- My attempt to bridge premedical school students to the cryptocurrency space

Co-Founder - [Spiritual DAO](#)

December 2021 – Present

Remote

- Formed and co-lead a team of 25+ individuals spanning four continents; managing the front- and backend development, artwork, legal & accounting, promotional marketing, and investment departments
- Experienced writer for whitepapers, charters, announcements, contracts, blogs, and published articles
- Designed and currently manage a Discord server with 200+ active members focused on spirituality and web 3
- Currently buying and developing land in Decentraland and The Sandbox with plans to create a metaverse of our own. Actively recruited 10+ musicians to perform at a virtual live music event within a personally-designed venue
- Understanding and currently involved with the logistics of equity and treasury liquidity splits for 2+ venture capitalists
- Currently working with DAO tools, such as *Gnosis Safe Multisig* (treasury), *Coinvise* (tokenization), *Superdao* (core), *Boardroom* (Governance), *Colony* (Voting), *SourceCred* (Participation), and *CollabLand* (Verification)
- Host of a podcast with guests ranging from the domains of athletics, music, and modeling to promotional marketing, engineering, and startups

Co-Founder - [Astral Kingdom NFT Collection](#)

October 2021 – Present

Remote

- Co-created a team of 15+ individuals spanning three continents; managing the front- and backend development, artwork curation, and promotional marketing
- Built to serve as membership passes into *Spiritual DAO*; the Astral Kingdom established precedent as *Spiritual DAO's* first working subDAO

Contributing Member - Decentralized Science (DeSci) DAOs

February 2021 – Present

[CureDAO](#)

- Building open source software for better health data interoperability, portability, availability, and interpretation

[BioDAO](#)

- Content creator for the community working to establish the global biotech ecosystem enabled by Web3

[VitaDAO](#)

- Aiding in the collective funding and advancement of longevity research in an open and democratic manner

Contributing Member - Spiritual DAOs

December 2021 – Present

[Finding Healers](#)

- Community builder and reiki healer in the holistic healing marketplace

[SanghaDAO](#)

- Helping connect with and catalyze entrepreneurs that are creating projects to seed a culture of inner-acceptance and empowerment

Contributing Member - Miscellaneous DAOs

December 2021 – Present

[DTravel](#)

- Community building for the ecosystem striving to build the next evolution of travel

[Kurate DAO](#)

- Content Curator for information relating to web 3 educational resources and spiritual guidance

[PLANT GANG](#)

- Through content creation and community building, helping grow a decentralized community of researchers, academics, and explorers documenting nature on-chain

[CharmVerse](#)

- First wave of users and community builders for the first web 3 native all-in-one workspace

[Basis](#)

- Beta tester for a community striving to turn user's wearable data into actionable recommendations

ENTREPRENEURSHIP

Creator - [Astral Kingdom Shop](#)

January 2022 – Present

Washington DC-Baltimore Area

- Created an electronic-commerce marketplace with globally sourced vendors; managing the front-end development, item curation, logistics & operations, legal & accounting, and promotional marketing & partnerships

President - [VAROS Technologies Inc.](#)

March 2021 – Present

Washington DC-Baltimore Area

- Formed and lead a team of 8 individuals; managing the front- and backend development, design, operations, legal & accounting, promotional marketing, and investment departments
- Lead mixed reality design creation and clinic implementation to enhance patient education for clinical trial enrollment and adherence
- Awarded with the *Roger and Debbie West Student Grant* for bringing together scientists, engineers, artists, and designers to tackle patient education in healthcare
- Began beta testing our prototype mobile application for colonoscopies and currently working on our web-based interface for a non-alcoholic steatohepatitis clinical studies

Creator - [Interview Daily Prep](#)

January 2021 – Present

Washington DC-Baltimore Area

- Downloadable software for interview preparation and assistance
- Leverages natural voice programming and voice recognition to aid in virtual interviews across any domain of work

Creator - [Class-to-Calendar](#)

December 2020

Washington DC-Baltimore Area

- Seamlessly convert K-12 class information to downloadable Google Calendars
- Centralized hub for students and their families to access class information in a downloadable format

Creator - [Diseases of the Nervous System Pocketbook](#)

October 2020

Blacksburg, VA

- Used HTML programming to transcribe our class textbook into a mobile version
- Explored new ways to help my fellow classmates master the course knowledge

Creator - [MCAT Daily Prep](#)

June 2020 – August 2020

Washington DC-Baltimore Area

- Free-to-subscribe website that implements daily MCAT questions with the Bouras Anki downloadable flashcards
- Over one thousand website subscribers and seventy thousand views on social media

Creator - [Bouras MCAT Anki Deck](#)

January – June 2020

Washington DC-Baltimore Area

- Comprehensive free-to-download study material for the medical college admission test (MCAT)
- Seen on six publications and blog articles
- Downloaded by ~10,000 premedical students

CLINICAL EXPERIENCE**Clinical Research Coordinator**

January 2021 – Present

Emeritas Research Group, Lansdowne, VA

- Plan and independently manage 13 concurrently running Gastroenterology trials, including but not limited to celiac disease, short-bowel syndrome, irritable bowel syndrome, non-alcoholic steatohepatitis, eosinophilic esophagitis, ulcerative colitis, and colon cancer
- Coordinate all operational aspects of clinical research studies, prepare IRB and grant submissions, and summarize findings for presentations and abstracts
- Organize all key communications externally (research associates, medical monitors, and research organizations) and internally (Principal Investigator, sub-investigators, and study team)
- Work alongside multiple teams of physicians, patients, and research partners to ensure quality delivery of care per protocol

Medical Assistant

January 2021 – Present

Colon, Stomach, & Liver Center, Lansdowne, VA

- Assist physicians by taking patient vitals, recording medical history, and documenting demographic information
- Manage and oversee appointment scheduling for 400+ patients per month
- Utilize medical software, eClinicalWorks and Epic, to increase treatment efficiency

Procedural Technician

January 2021 – Present

Loudoun Endoscopy Group, Lansdowne, VA

- Assists with patient preparation and positioning in the operating room
- Under direct supervision of gastroenterology physician, assists with procedures
- Obtains tissue specimens for biopsy with delivery to on-site pathologist
- Handles, cleans, and processes endoscopes with knowledge of infection control policies
- Operates custom ultrasonic sterile processing system

Medical Scribe

March – October 2019

LewisGale Hospital, Emergency Department, Roanoke, VA

- Worked in an exceptionally fast-paced environment
- Composed intricate medical records for complex patients with multiple comorbidities
- Gained an intimate understanding of diagnosis and treatment of a wide range of ailments as well as maintenance practices for chronic illness
- Mastered MediTech electronic medical record for medical documentation, coding, billing, and electronic prescribing
- Increased the productivity of the physicians thereby allowing them to see approximately 20% more patients each day
- Worked side-by-side with physicians, seeing upwards of 25-30 patient appointments per day

Physician Shadowing; Dr. Noguera, MD

January 2020

The Gastroenterology Group, Reston, VA

- Shadowed Gastroenterologist, Dr. Noguera
- First exposure to the private practice side of health care
- Saw four colonoscopies and an upper endoscopy
- Enjoyed seeing the internal organs in detail with the high-resolution camera equipment
- Watched Dr. Noguera remove polyps within the intestinal tract
- Opened my eyes to careers in health care outside of a hospital
- Broadened my interests into machine learning applications for polyp identification

Physician Shadowing; Dr. Shea

January 2020

Reston Hospital, Reston, VA

- Shadowed Anesthesiologist, Dr. Shea
- Observed two spine surgeries and a live cesarean section from the perspective of the anesthesiologist, surgeon, and nurse technicians
- Gained a greater understanding of the strong critical thinking, teamwork, and communication skills needed in a healthcare provider
- Learned about the day-to-day workings as an anesthesiologist who handles a team of CRNAs
- Confirmed my love for physiology, medicine, and my interest in health care

Physician Shadowing; Kelly Clark, NP

January 2020

Reston Hospital, Reston, VA

- Shadowed Intensivist, Kelly Clark, NP
- Bounced between Kelly Clark and my Mother, ICU nurse, for an overnight shift
- After working in the Emergency Department as a scribe, this experience exposed me to the care a patient receives upon admission

- The night was filled with high intensity intervals followed by periods of downtime and charting
- Given permission to see other departments of the hospital, such as the PCU, Neonatal ICU, ED, and Trauma area
- Saw a variety of patients, from a one-pound child to an active STEMI to traumatic brain injuries
- This experience broadened by view of the medical field and the work that is required to help the sickest of patients

Physician Shadowing; Dr. Kantrowitz, MD
Prehealthshadowing.com, Virtual

November 2020

- Virtually shadowed Orthopedic surgery resident, Dr. Kantrowitz
- Listened to Dr. Kantrowitz describe his experiences leading up to residency
- Engaged in four case studies covering different injuries and routes of care
- Completed a follow-up quiz to earn a certificate of participation

Physician Shadowing; Dr. Pinesett, MD, MPH
Prehealthshadowing.com, Virtual

November 2020

- Virtually shadowed Anesthesiologist, Dr. Pinesett
- Learned about ways to handle high stress medical scenarios
- Completed a follow-up quiz to earn a certificate of participation

Physician Shadowing; Dr. Bouzamonodo, MD, MSc, MBA
Prehealthshadowing.com, Virtual

November 2020

- Virtually shadowed Pediatrician, Dr. Bouzamondo
- Learned about the pharmaceutical side of medical care
- Gained an understanding of the difference between pediatric and adult patient care
- Completed a follow-up quiz to earn a certificate of participation

RESEARCH EXPERIENCE

Research Assistant

September 2019 – January 2020

Virginia Tech, Mechanical Engineering Department, Blacksburg, VA

- Used computer-aided design programming to design vocal fold prosthetics for further experimentation
- Learned how to work independently and push the field of trachea research in uncharted territory
- Helped provide background information which led to an [abstract award](#) and standard grant towards the "*Design of an Active Voice Box Prosthesis with Embedded Actuation*"
- Awarded as a *National Science Foundation* Supported Project Contributor, issued by the *NSF* - Chemical, Bioengineering, Environmental, and Transport Systems Organization

COMMUNITY SERVICE EXPERIENCE

Foresight Institute Volunteer

January 2022 – Present

[Biotech & Health Expansion](#), Remote

- We are a group of scientists, entrepreneurs, funders, and institutional allies who cooperate to advance biotechnology to reverse aging, extend human health spans, and improve cognition.

Urban Hood Volunteer

January 2022 – Present

Urban Food Alliance, Remote

- Working with a nonprofit learning platform to educate families to build and preserve capital
- Serving as project lead on a decentralized application to allow for timely and efficient cryptocurrency donations to Urban Hood and other nonprofits

Personal Trainer

April 2017 – Present

Freelance, Ashburn, VA

- Create personalized fitness and diet plans to help clients achieve a variety of goals
- Provide in-person training and online instruction for diet, program structuring, and proper workout form

Bowler & Office Volunteer

August 2018 – December 2020

Special Olympics, Blacksburg, VA

- Weekly bonding with athletes of the community with disabilities through unified sports programs
- Helped raise \$35,700 to support Special Olympics in the New River Valley

Virtual Mutual Aid Network

July 2020

Creator, Blacksburg, VA

- Many families in the New River Valley were struggling to make ends meet prior to COVID-19. Now, they need assistance more than ever so I created a platform where their needs can be shown to volunteers who are willing to help
- Created a virtual network for members of the community to post tasks that they cannot accomplish themselves
- Helped acquire healthy volunteers in the New River Valley to help Special Olympics athletes and families

Class Note Taker

January – May 2020

Cell Molecular Neuroscience, Blacksburg, VA

- Supported fellow student's learning by providing clear and accurate notes as a record for each lecture
- Supplemented the detailed notes with Anki flashcards to aid in student studying success
- 15.2% increase in the percentage of enrolled students achieving an A overall

LEADERSHIP EXPERIENCE

Subcontractor

July 2015 – August 2018

Sunband Inc., Ashburn, VA

- Worked independently on tasks such as fence removal and replacement, boardwalk refurbishment, and maintenance work in office buildings
- Surveyed communities for issues that could be fixed, created a financial plan on how to solve the issue, then built a team to work towards the solution
- Learned how to work efficiently with others while gaining hands-on leadership experience

Robert M. Zillgitt Leadership Institute

July 2019

Phi Sigma Kappa, Dallas, Texas

- Selected as the one nomination out of a chapter of one hundred members
- Explored personal development and awareness, citizenship and community, and elements of leadership

Neuroscience Laboratory Teaching Assistant

August 2019 – December 2020

Virginia Tech, Blacksburg, VA

- Helped prepare labs and assisted students in performing laboratory techniques
- Provided ample aid for students completing lab reports covering topics including clinical motor testing, visuomotor adaptation, stress response, brain-computer interfaces, chemical control of behavior, and cognitive enhancement
- 20.0% increase in the percentage of enrolled students achieving an A overall compared to previous semesters

Biochemistry Teaching Assistant

August – December 2020

Virginia Tech, Blacksburg, VA

- Answered questions, grade assignments, and host office hours
- Learned how to share knowledge with students of different education levels

Lead for Good

October – November 2020

Virginia Tech, Blacksburg, VA

- Completed a five-week program centered around foundational leadership competencies
- Worked towards positive sustainable change in the area of physical and mental health

EXTRACURRICULAR ACTIVITIES**Synapse Club – Member**

August 2018 – December 2020

Virginia Tech, Blacksburg, VA

- Provided assistance for charitable events
- Bonded with locals who experienced traumatic brain injuries
- Understood the social, physiological, and economic toll that a traumatic brain injury can have on one's life

Fraternal Scholarship Chair

November 2018 – December 2020

Virginia Tech, Blacksburg, VA

- Oversaw and maintained the grades above the set standard for all active brothers and put together an academic plan for success
- Helped maintain an average GPA higher than the All-FSL average, the All-undergraduate average, All IFC average, and the All-Men's average

Campus Ambassador for Ten.Thousand.cc

July 2019 – December 2020

Virginia Tech, Blacksburg, VT

- Hosted tabling events to promote the company's products and boost brand recognition
- Hosted a Ten.Thousand and VT LIFT collaborative powerlifting competition

Calisthenics Club – Cofounder

October 2019 – December 2020

Virginia Tech, Blacksburg, VT

- Helped with the creation and operation of the Calisthenics club
- Lead program creation, implementation, and facilitation with all members

Red Cross Club – Blood Services Leader

October 2019 – December 2020

Virginia Tech, Blacksburg, VT

- Recruited students to join the club and donate blood
- Attended monthly blood drive events

MCAT Preparation Club - Founder

January – December 2020

Virginia Tech, Blacksburg, VT

- Formed a group of students who can motivate and educate one another
- Shared resources, created study programs, and connected students of similar progress with the goal of helping others achieve their goal MCAT score

Meditation Club - Cofounder

September – December 2020

Virginia Tech, Blacksburg, VT

- Helped in the inception of a new student organization on campus based on interest in the community
- Created a supportive group looking to educate others on meditative techniques, such as mindfulness and transcendental meditation

Ethos Club – Executive Member

August 2019 – January 2020

Virginia Tech, Blacksburg, VT

- Led social media marketing to promote financial understanding

- Gathered consensus of what financial topics students are least knowledgeable about and recruited appropriate figures to give speeches on those topics

EMPLOYMENT

Sports Coach

May 2016 – August 2017

Michael and Son Sportsplex, Dulles, VA

- Independently led groups of 10-20 kids aged 3-12 years old in workouts to improve general athleticism and sport-specific skills
- Learned how to communicate effectively to an audience of various educational backgrounds
- Improved my confidence as a leader while working with large groups with all eyes on me

Cashier

May 2014 – August 2016

Dunkin' Donuts & Baskin Robins, Broadlands, VA

- Learned how to multitask, work within a team atmosphere, and deliver desired products to customer's liking
- First experience working long hours under pressure helped improve my decision-making abilities

HONORS, AWARDS, & CERTIFICATES

Fraternal Scholarship Chair – Interfraternity Council (IFC)

May 2019 – December 2020

Phi Sigma Kappa

- 2019 Herbert L. Brown Outstanding Chapter Award
- 2019 & 2020 Average GPA was 3rd highest ranked among the 23 IFC fraternities
- 2020 Ut Prosim Legacy Award for service to the community
- 2020 Impact Award for program of the year

National Science Foundation Supported Project Contributor

July 2020

Chemical, Bioengineering, Environmental, and Transport Systems Organization

- Helped provide background information which led to an abstract award and standard grant towards the "Design of an Active Voice Box Prosthesis with Embedded Actuation"
- Volunteered to research the most recent literature on laryngectomies, synthetic vocal fold designs, and biological material production

SKILLS

Computer Skills: MS Excel, Word, and PowerPoint, Canva, and Copywriting

Language Skills: Intermediate proficiency in Spanish, HTML, and Python

Licenses & Certifications: NIDA Clinical Trials Network Good Clinical Practice, Mayo Clinic Transporting Dangerous Goods Training, HIPAA compliance, CIMS Operability, DEXA Trained, EDC Training, ERT Portal Training, ECG Certification, Engage Portal (Diary/ePro), Fibroscan Training Certificate, IRB Training, and IWRS Webview.

HOBBIES

Physical: Weight-lifting, tennis, basking in the sun, hiking, cycling, calisthenics, yoga, and basketball

Mental: Listening to podcasts & audiobooks, time spent in nature with friends, reading, and blog posting

Spiritual: Meditation, particularly chakra, mindfulness (satipatthana), and insight (vipassana) in that order