Seph Tiedman

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EDUCATION

University of North Carolina at Chapel Hill Chapel Hill, NC
B.S. in Biology (Pre-Medical Track), Expected May 2030
- Relevant coursework: CHEM 101, STOR 155, PSYC 101, ENGL 105i
- Transfer and AP credit applied toward foundational requirements

North Carolina State University Raleigh, NC
MATH 242, MATH 341, 2024-2025

William G. Enloe High School Raleigh, NC
High School Diploma, June 2026

HONORS AND AWARDS

Top 300 Semifinalist, U.S. Biology Olympiad 2025

AP Scholar with Distinction 2026

National Honor Society 2025, 2026

A/B Honor Roll 2023, 2024, 2025,2026

3rd Place, USA Fencing National Qualifiers Tournament Mar 2025

3rd Place, North Carolina Junior Olympic Qualifier (Fencing) Nov 2023

CLINICAL EXPERIENCE

Medical Intern, Halo Concierge Doctors (Integrative Wellness & Aesthetics) Nov 2023 – Jan 2026
Raleigh, NC
- Assisted physicians and physician assistants with patient care, including vital signs, medical scribing, prior authorizations, and lab orders
- Worked with physicians, PAs, and clinic leadership on clinical and administrative needs
- Designed and implemented an inventory management system for medical and office supplies
- Contributed to marketing projects, including video capture, script writing, and sound review

RESEARCH EXPERIENCE

Independent Experimental Research, IB Extended Essay (Biology) 2024-2026
William G. Enloe High School, Raleigh, NC
- Designed and ran a 30-day controlled experiment testing how nitrogen supplementation affects new pitcher production in *Nepenthes sanguinea.*
- Built a controlled terrarium and prepared urea-soaked dried mealworms at five nitrogen doses.
- Analyzed results with sample standard deviation, regression, and one-way ANOVA.

TEACHING AND MENTORING

Peer Tutor, Peer Tutoring Program, Enloe High School Oct 2023 – Jun 2026
- Tutored 10 classmates across biology, chemistry, environmental science and calculus.

LEADERSHIP AND SERVICE

Member, Key Club Sep 2022 – Jun 2026
- Completed 200+ hours of volunteer service over four years through school and community projects

Team Member, Envirothon Sep 2024 – May 2026

Member, Chinese Club and Badminton Club 2023 – 2026

Competitive Fencer, USA Fencing Jan 2022 – Jun 2026

- 62nd Place, Division 2 USA Fencing Summer Nationals (Jul 2025)

SKILLS

Clinical: Vital signs and patient triage support; centrifuge operation; injectable preparation (supervised); medical scribing; Athenahealth and Aesthetics Records (EHR/EMR)

Technical: Audacity, DaVinci Resolve, point-of-sale systems, AI tools, Word, Excel

Laboratory: Controlled-environment plant cultivation; solution preparation with an analytical balance; experimental design; data analysis (ANOVA, regression, standard deviation) in spreadsheet software

Languages: English