

# PRINCESSE A. HAWKINS

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## EDUCATION

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### Tennessee State University

August 2019 - May 2023

Nashville, Tennessee

**Bachelor of Health Sciences; Concentration: Physical Sciences** | GPA: 3.8

**Honors:** Dean's List, Tennessee State University Honors College, National Society of Leadership and Success

### Tennessee State University, Nashville, TN

May 2023 - Present

Doctor of Physical Therapy

**Certifications:** CPR and AED of Adults and Children, Bloodborne Pathogens Training, and Fast Track to Pelvic Health Practice: Level 1 (19.5 contact hours)

**Skills:** Conflict Resolution, Fluent in English, Microsoft Office

## WORK HISTORY

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### Monell's at the Manor - Host

June 2019 - August 2019

Nashville, TN.

- Greet and seat guests, while managing the seating chart
- Monitor restaurant activity to determine seating and dining flow
- Respond to guest inquiries and request in a timely, friendly, and efficient manner
- Complete calculations for sales receipts and inventory

### Old Navy - Sales Associate

August 2021 - May 2023

Nashville, TN.

- Before class I went to work at 6am to assist the morning truck team
- Truck team member, and I stock the store with new inventory
- Help the store maintain a neat condition
- Respond to customer inquiries to assist them with purchases

## EXTRACURRICULAR ACTIVITIES & LEADERSHIP

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### Freshmen Innovation Council

- Council met weekly to discuss involvement opportunities, and innovative ways of enhancing Freshmen life on campus
- Assisted with hosting a study night for all TSU students during finals week
- Created a video bringing awareness to sexual assault for Denim Day

### The National Society of Leadership and Success

- Society centered around building business relationships to support undergraduate transition to graduate life
- Served as a general member

### **African Student Association**

- Hosted events promoting cultural heritage and encouraging diversity
- Assisted in hosting numerous game nights, pertaining to African culture and facts
- Served as Secretary

### **Impressions of Beauty Ambassador**

- Partnered with several beauty brands to introduce products to students on campus through events, sampling, and more
- Served as general member of Campus Outreach Committee
- Assisted with planning fun and engaging monthly events for the student body and ambassador team

### **The Student Election Commission**

- Assisted with facilitating the election process for the student body
- Co-chair for facilitating the voter's registration drives for the student body
- Served as Recording Secretary and Chair for the Decorations Committee

### **Member of Alpha Psi Chapter of Alpha Kappa Alpha Sorority, Incorporated**

- I am an active member of Alpha Kappa Alpha Sorority, Inc.
- Served as Technology Chair for the 2022 - 2023 academic year
- Served as Assistant Treasurer for 2022 - 2023 academic year
- I was awarded "Academic Hall of Excellence" for my scholastic achievements for the 2021-2023 academic year
- Planned community outreach events for the student body

### **Physical Therapy Association for the Future (PTAF)**

- Served as the President of the organization for 2021-2023 academic year
- Provided undergraduate students with in-depth information about Physical Therapy
- I organized and co-hosted monthly meetings
- Gave guest speakers an opportunity to provide mentorship to undergraduate students, including DPT students and Physical Therapists
- Served as Secretary

## **AWARDS AND HONORS**

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**POTUS Fellowship** with Tennessee State University

May 2023 - May 2026

- Collaborated with peers to present a project at Nashville Collegiate Prep (Fall 2023), discussing PT school requirements, sharing personal experiences, and demonstrating patient ambulation with assistive devices.
- Developed and distributed educational handouts on maternal health (lifting mechanics, Kegel exercises, and blood pressure management) at the MOM Expo (Fall 2024), later submitted to the APTA PT Moves Me initiative.
- Co-presented "*Meeting the Challenge: Evaluating Tennessee's Preparedness for Increased Demand in Pelvic Health Physical Therapy*" at the 46th Annual TSU-Wide Research Symposium, Nashville, TN (Spring 2024).
- Co-presented a poster at the 2025 APTA Combined Sections Meeting (CSM) in Houston, TX, titled "*New Graduate Physical Therapists and Pelvic Dysfunction: A Survey-Based Snapshot of Preparedness.*"
- Presented "*Pelvic Health Care in Tennessee: A Survey Analysis of Physical Therapy Provider Preparedness*" at the TSU Research Symposium (Spring 2025).

- Organized and co-led the TSU Doctor of Physical Therapy Meet & Greet Mixer (Spring 2025), creating and presenting a program overview to TSU undergraduate students to foster mentorship and support in the PT admissions process.

## COMMUNITY SERVICE

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### **Joy Church International - Media Team Member**

October 2015 - Present

Mt. Juliet, TN

- Assist with creating videos that our Pastor uses to minister to the community of Mt. Juliet, TN
- Assist with production of sound and footage for production team

### **Second Harvest Food Bank of Middle Tennessee - Food Sorting**

January 2021 - Present

Nashville, TN.

- Created over three-thousand (3,000) meals for families
- Packed over five hundred (500) lunches for elementary students
- Cleaned and sorted frozen food

### **Richland Headstart and Engagement - Volunteer**

September 2022 - May 2023

Nashville, TN.

- Assisted with serving children their meals
- Sanitized surfaces
- Assisted with delivering lesson plans to children

### **Back to School Bash – Co-Leader**

August 2025

Nashville, TN

- Co-led community event providing school resources for families
- Assisted with the distribution of 150 backpacks for children
- Assisted with coordinating food service to support families throughout the event

## RELEVANT EXPERIENCE

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### **Summer Health Professions Education Program (SHPEP) - Scholar (150 hrs.)** June - July 2021

Columbia University

- Participated in a six (6) week General Chemistry course
- Attended workshops on field of Physical Therapy and disparities in healthcare
- Participated in physical therapy treatment simulations

### **Middle Tennessee Homes DIDD - Physical Therapy Observer**

(4 Hours) December 2021

Nashville, TN.

- Examined the evaluation of patients in an inpatient setting and discussed proper treatment for a wide range of conditions including scoliosis and acute back pain
- Observed professionals deliver skilled interventions to adults
- Assisted with seating assessments and lifts

### **Middle Tennessee Seating & Positioning Clinic. - Physical Therapy Observer**

Nashville, TN.

(5 Hours) December 2021

- Assisted with comprehensive evaluations of seating and alternate positioning needs
- Learned how to cast molds

- Assisted in therapy services, such as lifts and seating adjustments
- Learned how to operate power wheelchairs

**Results Physiotherapy** - *Physical Therapy Observer*

(20 Hours) March - May 2022

Nashville, TN.

- Ensured equipment was operational and sanitized
- Examined the evaluation and treatment of patients in an outpatient setting
- Discussed proper treatment for a wide range of neurological conditions including Parkinson's and strokes

**Rehab Etc.** - *Physical Therapy Observer*

(71 Hours) May - July 2022

Nashville, TN.

- Ensured equipment was operational and sanitized
- Examined the evaluation and treatment of patients in an outpatient setting
- Discussed proper treatment for a wide range of orthopedic conditions including torn meniscus and rotator cuff injuries