



CARA VENTER

Summary

Quick learner with academic abilities and technical knowledge to succeed in different roles. Ready to expand horizons with additional knowledge and abilities gained from training and experience.

Energetic student with balanced background in sports and extra-curricular activities. Diligent about preparing for examinations, competitions and assignments. Reliable and responsible with good communication, leadership and relationship-building abilities.

CONTACT

✉ caraventer.cv@gmail.com

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📍 4 Stockton Road
Lovemore Heights
Port Elizabeth
South Africa

PERSONAL INFORMATION

Age: 21

Date of birth: 18/08/2022

Sex: Female

Marriage status: Unmarried

Driver's License: Yes

LANGUAGES

- Afrikaans - fluent
- English - fluent

EDUCATION

CHARLO PRIMARY SCHOOL 2006 - 2015
Port Elizabeth, South Africa

PEARSON HIGH SCHOOL 2016 - 2020
Port Elizabeth, South Africa

- 2018 - 2020 Academic Honors
- 90.5% Matric (Grade 12) average

STELLENBOSCH UNIVERSITY 2021 - 2023
Stellenbosch, South Africa

- Third and final-year B.Sc. Human Life Sciences (Biology with Psychology) student
- Majors include: Physiology and Psychology
- Maintaining a cum laude average (2021 - current)
- Golden Key Member - Top 15% in faculty (2022 - current)

LEADERSHIP

- Head Girl, Charlo Primary (2015)
- Hockey Captain (2015)
- Choir Leader (2015)
- Vice-captain EC Hockey (2015)
- RCL (2016 - 2017)
- String Ensemble Leader (2020)
- Jazz Band Leader (2020)
- Prefect, Pearson High School (2020)
- Hockey Representative (2020)
- Senior's Committee (2022)
- Head Mentor and House Committee (2022/2023)

SKILLS

- Problem-solving
- Bilingualism
- Leadership
- Communication
- Time management
- Organizational Skills
- Interpersonal Skills
- Creative thinking
- Critical thinking
- Administrative skills

HOBBIES

- Photography
- Hockey
- Piano
- Violin
- Hiking

REFERENCES

Penny van der Bank

Residence Head, Lydia,

Stellenbosch University

+27 82 473 7173

Kay-Lee Scholtz

Primaria, Lydia, Stellenbosch

University

+27 82 780 6412

Prof A-M Engelbrecht

Physiology Department,

Stellenbosch University

ame@sun.ac.za

ACCOMPLISHMENTS

Culture

- ATCL (Associate of Trinity College London) Piano Recital, Level 4 Diploma in Music Performance with Distinction 2019
- UNISA Music Theory Grade 1 - 96% (2013)
- UNISA Piano Exam Grade 3 - 90% (2013)
- UNISA Piano Exam Grade 4 - 90% (2014)
- UNISA Piano Exam Grade 6 - 88% (2016)
- UNISA Music Theory Grade 5 - 80% (2016)
- SASMT 3rd place (2016)
- SASMT Finalist (2017)
- SASMT 2nd place (2019)
- Grahamstown Nation Music Competition Semi-Finalist (2017)
- Pearson High School Jazz Band (2016 - 2020)
- Pearson High School Concert Band (2018)
- Pearson High School String Ensemble (2016 - 2020)

Other

- Eastern Province Hockey (2015 - 2018)
- Golden Key Member - Top 15% in faculty (2022 - current)

INVOLVEMENT & EVENT PLANING

2021-2023

- Election Committee (2023)
- Lydia Hockey (2021 - 2023)
- Room points Committee (2022/2023)
- Culture Committee (2021 - 2022)
- Table Tennis (2021 - 2023)
- Social Impact events (2022 - current)
- Senior's Committee (2022)
- Garden Celebration Committee (2022)
- Lydia Week Committee (2022)
- Miss Lydia Committee (2022)
- Mollassesser Committee (2022)
- Lydia Media photography (2022)

REFERENCES

Dr Sanjeev Rambharose
Physiology Department,
Stellenbosch University
sanjeevr@sun.ac.za

Prof Ben Loos
Physiology Department,
Stellenbosch University
bloos@sun.ac.za

Pieter Rademeyer
Head of School, Jan van
Riebeeck, Cape Town
(previous deputy head of
Pearson High School, Port
Elizabeth)
+27 83 320 6228

COMPUTER SKILLS

- Microsoft Word
- Microsoft Excel
- XLSTAT
- Microsoft PowerPoint
- Microsoft Teams

OTHER WORK EXPERIENCE

Establishment of Formosa Jams (small
business) 2020-current

TUTOR

- Biometry 212
- Biometry 242
- Physics - Grade 10
- Physics - Grade 11
- Physics - Grade 12
- Mathematics - Grade 11
- Afrikaans - Grade 10
- Afrikaans - Grade 11
- Afrikaans - Grade 12

VOLUNTEER WORK

- Eden Glen Retirement Village, Jeffrey's Bay
- Music for old age homes, school functions,
derby weekends
- Official for fun run

TRAININGS COMPLETED

- Head Mentor trainings - Stellenbosch
University (2022, 2023)
- House Committee trainings - Stellenbosch
University (2022, 2023)
- Equip - Every Nation Stellenbosch (2022)
- Empower - Every Nation Stellenbosch
(2023)
- Connect group leader trainings - Every
Nation Stellenbosch (2022, 2023)

SHORT COURSES

Human trafficking and sexual violence in
context - Maastricht University (2023)