

Sabrina Freidus

sabrina.freidus@nih.gov | 301-451-6748

10 Center Drive, Building 10 | Room 1C118 | Bethesda, MD 20892

EDUCATION

Harvard College, Cambridge MA — Bachelor of Arts

August 2021 - May 2025

- Degree in History and Science, *Magna Cum Laude with High Honors*
- Honors senior thesis entitled: “(Don’t) Pop a Squat: The Naturalization of Private Postures in the US and UK”
- Completed pre-medical coursework

School for International Training—International Honors Program: Climate Change

January 2024 - May 2024

- Traveled and lived in Morocco, Nepal, and Ecuador to learn about the climate crisis in three vastly different environments
 - Studied ethical frameworks for anthropological research methods, devoted to centering community voices
 - Conducted research on the impact of tourism on traditional architecture
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PUBLICATIONS

Foley, E., **Freidus, S.**, Norviel, J., (2024). The Sensitive Plant: Meaning and Movement. *Plant Humanities Lab*.
https://lab.plant-humanities.org/mimosa_pudica/.

Levis, A (2024, December 10). Most Interesting Thesis: **Sabrina Freidus**. *The Harvard Crimson: Fifteen Minutes Magazine*. <https://www.thecrimson.com/article/2024/12/10/sabrina-freidus-thesis-superlative/>.

- Awarded “Most Interesting Thesis” by the Harvard Crimson
 - The article, written by a Crimson magazine writer, explores my senior thesis and the motivation behind it.
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RESEARCH EXPERIENCE

National Institutes of Health, Department of Bioethics | Bethesda, MD

September 2025 - present

Postbaccalaureate Fellow

- Research topics in geriatric medicine, mental health care, and medical aid-in-dying
- Attend and present in departmental talks on ongoing research
- Participate in ethics consults, clinical rounds, IRB deliberations, and case conferences
- Prepare and present reports on the Department of Bioethics consult service

Harvard University Herbaria / Arnold Arboretum | Cambridge, MA

February 2022 - February 2023

Research Assistant

- Conducted research on the evolution of red floral color in the genus *Silene*
- Measured floral and vegetative traits on herbarium specimens and live specimens; digitize herbarium specimens

NYU Langone Inflammatory Bowel Disease Center | New York, NY

June 2023 - July 2023

Intern

- Created video abstracts on two surgical techniques. Presented the abstracts at the 2024 American Society of Colon & Rectal Surgeons Conference
 - Shadowed surgeons and gastroenterologists. Observed clinics and procedures, including colonoscopy and exploratory laparotomy
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PROFESSIONAL EXPERIENCE

Harvard University Resource Efficiency Program | Cambridge, MA

September 2022 - May 2025

Student Coordinator

- Led a group of 4 students and supported their sustainability peer education efforts through periodic, campus-wide campaigns and events.
- Led a group of 4 students on a project to assess the efficacy of residential maintenance work order requests.
- Worked directly with the Office for Sustainability and the Office for Physical Resources and Planning

Harvard University Office of International Education | Cambridge, MA

September 2025 - May 2025

Student Advisor

- Staffed drop-in hours for prospective study abroad students
- Hosted events in my residential house for students interested in studying abroad and international education
- Worked with Associate Directors to improve study abroad resources and developed a guide to live sustainably while abroad

COMMUNITY ENGAGEMENT

Contact Peer Counseling | Cambridge, MA

January 2022 - May 2025

Co-Director (January 2023 - January 2024)

- Created a supportive space for Harvard undergraduates to express their mental health concerns and queer identities
- Provided non-directive and non-judgemental counseling and informational resources in person and through telephone
- Attended bi-annual trainings run by Harvard University Counseling and Mental Health Services

First-Year Outdoors Program | Cambridge, MA

February 2023 - May 2025

Pre-Orientation Leader

- Led two five day backpacking trips for freshmen in the New England woods
- Fostered an emotionally and physically safe environment as freshman embark on the start of their college experiences
- Continue supporting my trip members throughout their freshman year and beyond

Harvard University Council of Student Sustainability Leaders | Cambridge, MA

September 2022 - May 2025

Council Member

- Collaborated with students from across the University's 12 schools (undergraduate and graduate) to promote environmental stewardship at Harvard
- Provided feedback and recommendations directly to the Office for Sustainability on Harvard's climate, health, equity, and sustainability initiatives, including The Harvard Sustainability Plan
- Organized a writing competition, "Writing for the Climate" spring 2023 and 2025. Worked directly with three faculty judges and organized awards ceremony

Northern Westchester Hospital | Mount Kisco, NY

May 2024 - August 2024

Volunteer

- Supported patients in the Emergency Department, providing company, food and water when allowed, and arts and crafts. Communicated with nurses on patient's behalf.
- Visited patients throughout the hospital with a "Crafting Cart." Offered patients books, word searches, puzzles, as well as conversation

SKILLS

- Certified in Permaculture Design; communication and teamwork; fluent in PowerPoint, Excel, Word, Google Drive/Docs/Slides