

City of London - Application for Appointment to City of London Community Advisory Committees

Application

Committee you are interested in serving on: **Diversity, Inclusion and Anti-Oppression Community Advisory Committee**

If applying for the Accessibility Community Advisory Committee, please select: **No, I am not an applicant with a disability.**

If applying for the Ecological Community Advisory Committee, a professional designation, education or experience in related fields is a requirement based on the technical nature of the committee work. Please indicate your area(s) of expertise: **Biology**

If you selected 'Other', please specify:

Contact Information

Name: **Niko Fragis**

City: **London**

Province: **ON**

Postal Code: **N6K 4C7**

Experience and Qualifications

If you have experience on a London Advisory Committee, please provide dates and details. (max. 250 characters): **I do not have any experience on a London Advisory Committee.**

What do you hope to contribute or learn as part of a Community Advisory Committee? (max. 250 characters): **I hope to contribute my expertise in working with marginalized and disadvantaged populations. I gained this expertise by working at a mental health and addictions lab in London. I hope to learn how I can actively help work against systemic racism and oppression to benefit every member of society.**

How will you support the work of a Community Advisory Committee? (max. 250 characters): **I will support the work of a Community Advisory Committee by making sure that I attend all the meetings. Next, I will ensure that I am an active contributor to these meetings by making suggestions grounded in best practices. This will allow for me to best serve the committee and the community at large.**

Please describe additional experience, training, or community involvement that will help you in your role as a Community Advisory Committee Member. (max. 250 characters): **As part of my undergraduate degree, I worked for a mental health and addictions lab at Lawson Health Research Institute here in London. This experience allowed me to view oppression at its most visceral level. I believe this experience will help me be empathetic and helpful in terms of suggestions.**

Attach resume or other document here, if needed: **NIKO FRAGIS Resume.pdf**

Confirmations

I declare the following: **I am a resident of London. ; I am at least 18 years old.; I am not a City employee or Council member.; I understand that the commitment may be up to 4 hours per month to attend meetings and prepare.; I understand that my application and any attachments will be included on a public agenda that is published on the City website.**

To help inform our outreach activities, please tell us how you heard about this opportunity: (optional): **Word of mouth**

If you selected 'Other', please specify:

Submitted on: **3/27/2022 6:48:49 PM**

NIKO FRAGIS

4B Honours Health Studies

SUMMARY OF QUALIFICATIONS

- 3 years of experience in clinical and laboratory healthcare settings
- Excellent organizational skills gained through data synthesis as part of the CORRE Research Lab
- Oral and written communication skills developed as a research student in the Mental Health Research Alliance lab and demonstrated through multiple in-class presentations

EDUCATION

Candidate for Bachelor of Science, Honours Health Studies (Co-op), University of Waterloo, Waterloo, Ontario

September 2017-Present (Term 4A Completed)

- Completed courses relevant to health sciences including human physiology, biochemistry and biostatistics
- Trained in both chemical and biological laboratory settings
- Developed research papers based on public health systems, the social determinants of health and mental health
- Achieved Dean's Honours List in all terms thus far (1A, 1B, 2A, 2B, 3A, 3B, 4A)

WORK AND VOLUNTEER EXPERIENCE

Research Student

Mental Health Nursing Research Alliance Lab

January 2021-August 2021

London, Ontario

- Utilized written communication skills by transcribing interviews for the No Fixed Address Methamphetamine and Harm Reduction and Community Homes for Opportunity Research Projects
- Improved interpersonal skills by actively working with colleagues to compile data points from qualitative interviews for Collaboration to Address Homelessness: Health, Housing and Income

Faculty of Health Ambassador

Faculty of Health

September 2021-Present

Waterloo, Ontario

- Toured prospective students around the faculty buildings and answered questions
- Helped to organize and plan virtual Open House events

Student Relief Team (SRT) Member

SRT London

January 2021-August 2021

London, Ontario

- Liaised with local organizations to determine need for PPE to prevent spread of COVID-19
- Delivered PPE to local businesses and non-profits in need

weCONNECTu Peer Mentor

September 2020-December 2020

Faculty of Health

Waterloo, Ontario

- Helped support first year Faculty of Health students transition to university life
- Guided students to on campus services such as mental and physical supports

ACHIEVEMENTS

- Standard First Aid CPR/AED Level C Certification January 2021
- TCPS 2: CORE Certificate September 2020
- WHMIS Training Certificate January 2019
- Dr. Norman Bethune Humanitarian Service Award June 2017
 - Most community service hours in graduating class
- City of London Leadership Certification July 2014
- Greek Proficiency Level A2 Certified September 2012
 - Native-level Greek Proficiency