

ADRIA VARGAS

University of Scranton

Class of 2029

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HONORS:

- Advanced Regents Diploma with Honors
- National Honor Society
- AP Scholar with Honor
- National Merit Hispanic Scholar
- NYS Seal of Biliteracy in Spanish

ACADEMIC EXPERIENCE:

RISE (Research in Science and Engineering)

Sayville High School

2021-Present

RISE I-IV

- Long Island Science and Engineering Fair (LISEF) Presented research for project on "Testing the Efficacy of Biofiltration Media for Stormwater Nitrate Filtration and Reduction" in 2025
- Placed 4th overall in Earth and Environmental category at LISEF in 2025
- Received Ricoh Sustainable Development Award at LISEF in 2025-recognizes students whose outstanding project addresses social and environmental challenges and a meaningful solution for a more sustainable future.
- Regeneron Science Talent Search candidate in 2024 for a project on "Development of Complementary Seed-Based Seagrass Restoration Techniques"
- Completed research project on innovative eelgrass restoration techniques in the Great South Bay and collaborated with experts from Stony Brook University.
- Completed a research project in 2023/2024 by making a water runoff filtration system made of woodchips and biochar
- Awarded a \$2500 research grant from the Long Island Nitrogen Action Plan (LINAP) to complete a water filtration system project. Newsday article printed about winning grant: School Notebook: 4 schools win water quality challenge - Newsday
- Received Outstanding Achievement Award for 2023 LI Water Quality Challenge
- Received Certificate of Awesomeness from the Save the Great South Bay organization in 2023
- Completed research project in 2022 on testing water quality in Greene's Creek
- Created poster presentation for Sayville High School Science Symposium each year

LEADERSHIP EXPERIENCE:

Girl Scouts of Suffolk County

2011-Present

- Participated for 13 years earning badges, awards, and completing community service projects
- Gold Award (October 2024)- Over 100 hour service project consisting of making and organizing recreational activities such as wheelchair volleyball and horse racing games for Good Samaritan Nursing home in Sayville. Planned and implemented 2 events introducing and teaching the games to the residents. Planted a native garden in collaboration with the LI Conservancy and Spadefoot environmental companies News article: <https://patch.com/new-york/sayville/girl-scout-organizes-native-planting-sayville-nursing-home> and in the Suffolk County News pages 11, 13
- Silver Award (September 2022)- Part of a two person team with over 50 hours of community service spent designing and building an entrance sign for a local marina and displaying large planters with perennials around a gazebo
- Bronze Award (June 2019)- Part of 12 person project with over 20 hours of community service spent building a garden to grow vegetables to donate to a food pantry
- Recipient of Girl Scouts Past Presidents Scholarship (2025)

Student Visionaries of the Year Team for Leukemia and Lymphoma Society

Jan 2024-Mar 2024

- Part of a 10 person team that organized and implemented numerous fundraising activities with local restaurants to reach a goal of \$9,473
- Assisted in gathering donated gift cards for fundraising baskets
- Helped send emails and designed flyers for fundraising and social media events.

Student-Athlete Advisory Committee

Oct 2024-June 2025

- Nominated member of a student-athletic committee to enhance the student-athlete experience by improving leadership and organizational culture. Chosen based on my leadership qualities, commitment to my team, and dedication to Sayville HS athletic programs.

CLUBS:

Athletes Helping Others

Sayville High School

2021-Present

- Elected onto the Executive Board as Recording Secretary for 12th grade
- Active member in 9th, 10th, 11th & 12th grade participating in meetings twice a month
- Service award earned annually for over 20 hours of community service
- Participated in Polar Plunge, Every Child's Dream, Color Run, Not So Scary Halloween, Miracle on Main volunteer, Rock your Socks, Sports Swap and nursing home visits

Anchor Club

Sayville High School

2021-Present

- Elected onto the Executive Board as Publicist for 12th grade
- Active member in 9th, 10th, 11th & 12th grade participating in meetings twice a month
- Special award earned yearly for 20 hours of community service
- Enjoyed partaking in community service club involving Every Child's Dream, PS I Love You, Youth Advocacy Committee, bake sales, Alzheimer's walk, and SEPTA volunteer

Science National Honor Society

Sayville High School

2023-Present

- Nominated Greenhouse Coordinator for 12th grade
- Participated in activities involving RISE presenter, Open school night, Fundraiser Bake Items, Earth Day
- Special award earned yearly for 20 hours of community service

National Art Honor Society

Sayville High School

2023-Present

- Involved in Art community service such as face painting at festivals and fundraisers, Boo grams, and Art show volunteer
- Presented artwork and ceramics in Sayville Art show-received Peoples Choice Award
- Special award earned yearly for 16 hours of community service

National Honor Society

Sayville High School

2024-Present

- Inducted into the National Honor Society spring of 11th grade based on GPA, integrity and community service
- Will partake in 40 hours of community service

SPORTS:

Varsity Volleyball

Sayville High School

Fall 2020-Fall 2025

- NYSPHSAA Volleyball State Championship Class A All-Tournament Team 2024
- All-State Semifinalist Team Class A- 3rd place Nov. 2024
- All-State 1st Team Award Dec. 2024
- All-Long Island Volleyball Team "Elite 6" (Newsday) Dec. 2024
- Suffolk County "Super 7" Elite Team Dec. 2024
- Suffolk County Player of the Year League 6 Dec. 2024
- All-County Tournament MVP award Dec. 2024
- All-Region AVCA (American Volleyball Coaches Association) Nov. 2024
- New York State Regional Championship 1st place Class A Nov. 2024
- Long Island Championship Class A 1st place Nov. 2024
- Three Suffolk County Championship wins in Fall 2022, Fall 2023 and Fall 2024
- All-American Watch List AVCA 2024 as an Elite Senior student-athlete
- Best and Brightest Award 2nd team AVCA Oct. 2024
- LI Championship 2nd place Class A Fall 2022 and Fall 2023
- All-League Section XI 1st League, All Classification Fall 2021
- All-League, All-County, All-Tournament, All-Long Island 2nd team Fall 2022
- Made Top 50 volleyball player on LI by Newsday Fall 2022 and Fall 2024
- Sayville Volleyball MVP Award 2025
- Harvey Case Memorial Award 2025
- Newsday Athlete of the Week: article published Oct. 13th 2024
- Newsday article: Sayville girls season ends in state Class A pool play Nov. 2024
- Newsday article: Vargas rally Sayville girls in Class A Regional final victory Nov. 2024
- Newsday article: Sayville girls Volleyball finally brings home LI Class A championship
- Newsday article: Vargas leads Sayville to Class A Title Nov 8th, 2024
- 5 year Varsity starter as a 6 rotation pin-hitter
- Team assistant manager while recuperating from ACL knee injury. Helped coach take stats and assisted during practice and games Fall 2023

Academy of Long Island Volleyball Club:**RED team**

Dec 2018-Present

- USAV Jr. National Championship Gold Bracket Freedom Division-Bronze Award 2024
- 18's GEVA Regional Champions in April 2025
- Member of Academy of Long Island Volleyball Travel Club for 6 years
- Participated in practices 2-3 times a week and tournaments twice a month over a span of 6 months each season
- Many first place wins and top placements in National competitions, GEVA, Spooky Nook, Northeast Qualifier, Martin Luther King, Capitol Hill, Sunshine, and Nike Big South tournaments
- Participated as Grassroots Camp counselor for Academy Sports of Long Island club

Varsity Softball

Sayville High School

Spring 2022

- Made Varsity Softball team in 9th grade as Outfielder and Pinch runner
- NYS Scholar Athlete team

WORK EXPERIENCE:**Spadefoot Design and Construction**

Summer 2025

- Designed, restored, and enhanced native gardens across Long Island. Helped maintain landscapes by removing evasive plants and replacing with native plants.

Pearle Vision

Stony Brook

Summer 2024

- Front desk assistant making and confirming appointments, restocking contacts and filing patient records

River Road Parking LLC

Sayville Ferries

May-Oct 2023

- Worked as cashier, ticket booth attendant, gate attendant, and parking attendant for approximately 25 hours /week

INTERNSHIP EXPERIENCES:**Hofstra Business camp**

Hofstra University

July 2024

- Selected for Zarb Summer Business Experience one week camp at Hofstra University
- Awarded superior scholastic achievement in Behavioral Research
- Introduced to accounting, cybersecurity, entrepreneurship, supply chain, finance, and marketing

Deutsch Agency Internship

New York, NY

Aug 2024

- Obtained an internship to understand the advertising agency business by shadowing executives in finance, research, strategy, media, analytics and creative departments

VOLUNTEER EXPERIENCE:**Inclusive Sports Fitness (ISF)**

Bohemia

Summer 2022

- Camp counselor aide for children with disabilities for 15 hours during one week camp

Sayville Volleyball Summer Camp

Sayville High School

Summer 2019-2024

- Aided elementary and middle school girls during one week long camp to learn responsive skills of volleyball for 15 hours

Grassroots Camp Counselor

Academy Volleyball

April-June 2022

- Aided elementary and middle school girls weekly to learn responsive skills of volleyball

Campaign Volunteer

August-November 2023

- Helped with campaign by making and distributing flyers during fairs and to households to promote Cynthia Vargas, ESQ for District Court Judge

Other Volunteer Activities

- Thanksgiving Turkey Trot 5K volunteer 2018-2024
- Kid's Fun Run volunteer 2018-2023
- Every Child's Dream Sayville HS 2021-2024
- Dig Pink- Breast Cancer Volleyball Fundraiser participant 8th-11th grade
- Go Gold-Childhood Cancer Volleyball Fundraiser 11th grade
- Dezy Strong Foundation Beach Volleyball fundraising participant 9th,10th
- Sayville Library volunteer for teen program 11th grade

Awards/ Scholarships:

- **Marcus A. Henry Award**-Presented by Newsday annually to a Long Island High School Student who excels in the classroom and in athletics and also displays great leadership in the community: Sayville's Adria Vargaz is 2025 winner of Newsday's Marcus A. Henry Award - Newsday
- Mitchell Cangelosi Sustainability Scholarship
- Dream Table LLC Scholarship
- Brian Vorwald Earth Science Award
- Sayville Garden Club Scholarship
- Cherry Avenue PTA Scholarship
- Sayville MS/ HS PTA Scholarship
- Congressional Certificate of Merit Award
- Hispanic Scholar Scholarship