

# MATTHEW CAPRA

mjcapra12@gmail.com |

Fairfield, NJ 07004

(973) 632-6579

## EDUCATION

**The University of Scranton**, Kania School of Management  
*Bachelor of Science in Business Administration*

- Dean's Scholarship given for academic achievement

**Scranton, PA**  
*Anticipated Graduation May 2029*

**West Essex Regional High School**  
*Diploma*

- Overall GPA: 3.8/4.00

**North Caldwell, NJ**  
*June 2025*

## WORK EXPERIENCE

**Private Family**

*Babysitter*

- Use practical skills to prepare meals and lunches for children
- Organize the scheduling of the children and help them get to their destinations
- Clean the home and kitchen

**Essex County, NJ**  
*August 2021-Present*

**Evolution Lacrosse Club**

*Assistant Lacrosse Coach*

- Collaborated with other coaches to assess players' skills and plan practices accordingly
- Directed and executed on game plans through effective communication
- Communicated with parents on multiple modes of communication on areas for their child to grow in

**Essex County, NJ**  
*May 2025-August 2025*

## VOLUNTEER EXPERIENCE

**Wreaths Across America**

*Ceremony Participant*

- Honor veterans who have passed and those who have made the ultimate sacrifice by laying wreaths down

**Morris County, NJ**  
*January 2022-Present*

**Essex County Environmental Center**

*Volunteer Programs Assistant*

- Assist lead educators with environmental education and lesson planning
- Lead kayak tours through the Upper Passaic River
- Design and construct natural landscaping structures for paths and trails

**Roseland, NJ**  
*January 2019-Present*

## LEADERSHIP EXPERIENCE

**West Essex Regional H.S. Class Council**

*Class President*

- Generated school spirit for events such as Battle of the Classes and Prom
- Organized and scheduled Prom and Class Trips

**Scranton, PA**  
*September 2023-June 2025*

**West Essex Regional H.S. Lacrosse**

*Player/Captain (2025 Only)*

- Served as liaison between team members, coaches, and the athletic department
- Motivated the team to work through difficult social issues while maintaining an emphasis on academic and athletic excellence
- All Conference H.M., All League 1<sup>st</sup> Team, Divisional H.M. award winner, Positive Athlete America Award
- Academic All-American

**North Caldwell, NJ**  
*September 2022-June 2025*

## ADDITIONAL INFORMATION

*Activities:* University of Scranton Lacrosse Player

*Certifications:* CPR

*Skills:* Microsoft Office (Excel, PowerPoint, Word)

*Interests:* Fishing, Outdoors, Cooking