



## CV Template

### A) Personal and contact details

Surname: Szeligowska

First name: Natalia

Date and place of Birth: 18.11.1997, Rzeszów (Poland)

Researcher ID, if applicable (e.g. ORCID, Researcher ID) ORCID: 0000-0002-9026-5613, Scopus: 57221932310

Date of the CV: 24.06.2022

### B) Education/Degrees

Date of awarding of the degree certificate: 1.07.2021

Research discipline: Biological Sciences, in the field of Biology, specialising in Laboratory Techniques in Biology

Degree title: Master of Science, second cycle, full qualification at Polish Qualification Framework and European Qualification Framework level seven (7 rama)

Name of the educational institution and faculty/department: Wrocław University of Environmental and Life Science, Faculty: The Faculty of Biology and Animal Science, Institute of Animal Husbandry and Breeding.

Country where the degree was completed: Poland

Major subjects of study/degree programme:

Microscopic Techniques, Analytical Chemistry, Bioinformatics, Chromatography in Biology Research, Neurobiology, Statistical Methods in Biology, Nucleic Acids Isolation, Tissue Engineering with stem cells, Biodiversity of Organisms, Ecotoxicology, Fundamentals of Laboratory Analytics, Techniques of Cell and Tissue Cultures, Theory of Systematics and Cladistics, Biotechniques in Animal Reproduction, Comparative Genomics, Elements of Specific Analysis, Biophysics, Analytical Techniques in Hydrobiology, Molecular Markers

Score: 5,0 (grading scale: 2,0-5,0)

Supervisor/tutor name and contact details: PhD Paulina Cholewińska,  
paulina.cholewinska@upwr.edu.pl



### **C) Other Education, qualifications and/or supplementary training**

Dates of completion: 06.2022

Name of the certificate/diploma: Gut Check: Exploring Your Microbiome

Name of the provider of the education or training (name and locality) with contact details: Online course – Coursera by University of Colorado Boulder & University of California San Diego.

Main subjects or modules of study: Human Microbiome Project, Human Microbiome, DNA sequencing, technology in microbiome research, Identification of Microbiome.

Score: Diploma/Certificate

Dates of completion: 06.2022

Name of the certificate/diploma: Diabetes – the Essential Facts

Name of the provider of the education or training (name and locality) with contact details: Online course – Coursera by University of Copenhagen.

Main subjects or modules of study: Types of Diabetes, Role of nutrition in Diabetes, Role of exercise in Diabetes, Role of obesity in Diabetes

Score: Diploma/Certificate

### **D) Current employment**

Start date of employment: 10.2021

Job title: PhD student at Wrocław University of Environmental and Life Science, Discipline: Animal Science

Employer name, contact details and place of work: PhD Paulina Cholewińska, paulina.cholewinska@upwr.edu.pl, Wrocław University of Environmental and Life Sciences

Short description of your role and main responsibilities:

- DNA extraction from sheeps, cows, dogs feces and swabs,
- Spectrofotometer analysis,
- qPCR analysis,
- Cultivation of bacterial cultures,
- Performing ELISA tests,

Stage /years to be counted for research career: 1 year

### **E) Previous work experience**

Start date of employment: 10.2021 - now

Job title: Research Project Member,

Employer name, contact details and place of work: Wrocław University of Environmental and Life Science (Poland) as the Ph.D. research program “Innowacyjny Naukowiec”, no. N060/0002/21.

Short description of your role and main responsibilities:



- DNA extraction from sheep feces and swabs,
- DNA extraction from sheep milk and colostrum,
- Performing qPCR analysis,
- Performing ELISA test,
- Spectrophotometer analysis,

Stage /years to be counted for research career: 1 year

Start date of employment: 06.2020-06.2021

Job title: Research Project Manager

Employer name, contact details and place of work: Wrocław University of Environmental and Life Science (Poland) as the individual student research project „Młode umysły – Young Minds Project” (project number N0000000.218.2020)

Short description of your role and main responsibilities:

- DNA extraction from sheep feces and swabs,
- Collecting samples from sheeps (feces, placenta),
- Performing qPCR analysis,
- Performing ELISA test,
- Spectrophotometer analysis,

Stage /years to be counted for research career: 1 year

Start date of employment: 06.2021-06.2022

Job title: Research Project Member,

Employer name, contact details and place of work: Wrocław University of Environmental and Life Science (Poland) as the individual student research project „Młode umysły – Young Minds Project” (project number N0000000.166.2021), contact details: Engr. Jakub Smoliński 107848@student.upwr.edu.pl

Short description of your role and main responsibilities:

- DNA extraction from sheep feces and swabs,
- Establishing bacterial cultures on Petri dish and incubation,
- Preparing microbial culture medium,
- Performing qPCR analysis,
- Spectrophotometer analysis,

Stage /years to be counted for research career: 1 year

**Career /study breaks (if any):**

Dates (from-to)	Reason

--	--

### G) Language skills

Native language

Polish

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	Intermediate	Intermediate	Intermediate	Intermediate	INTERMEDIATE
Italian	Beginner	Beginner	Beginner	Beginner	Beginner
German	Beginner	Beginner	Beginner	Beginner	Beginner

### English – B2 level

#### H) Any scientific publications or published book?

- Górniak W., Cholewińska P., **Szeligowska N.**, Wołoszyńska M., Soroko M., Czyż K.: Effect of intense exercise on the level of Bacteroidetes and Firmicutes Phyla in the digestive system of Thoroughbred Racehorses. *Animals* 2021, 11(2), 290.
- Michalak M., Wojnarowski K., Cholewińska P., **Szeligowska N.**, Bawej M., Pacoń J. Selected alternative feed additives used to manipulate the rumen microbiome. *Animals* 2021, 11(6).
- Górniak W., Moniuszko H., Wojnarowski K., Górniak A., Cholewińska P., Waliczek A., Soroko M., **Szeligowska N.** Effect of vegetable oils feed additives on endoparasites associated with dewormed racing horses. *Agriculture* 2021, 11(6).
- Szeligowska, N.**, Cholewińska, P., Czyż, K. *et al.* Inter and intraspecies comparison of the level of selected bacterial phyla in in cattle and sheep based on feces. *BMC Vet Res* **17**, 224 (2021).
- Smoliński J., **Szeligowska N.**, Cholewińska P., Czyż K., Janczak M. Levels of Main Bacterial Phyla in the Gastrointestinal Tract of Sheep Depending on Parity and Age. *Animals*. 2021; 11(8):2203.
- Szeligowska, N.**, Cholewińska, P., Smoliński, J. *et al.* Glutathione S-transferase (GST) and cortisol levels vs. microbiology of the digestive system of sheep during lambing. *BMC Vet Res* **18**, 107 (2022).

#### I) Communication skills

- Writing creative in research papers,
- Speaking in public, to groups, or via online media,
- Empathic listener and speaker,
- Presenting skills – attention to details, brainstorming, presenting research data
- Team building skills – teamwork, problem solving, team motivation

**J) Organisational/managerial/Team leadership skills**

1. **Project manager:** „Młode Umysły – Young Mind Projects” – Wrocław University of Environmental and Life Sciences, Temat: Poziom stresu komórkowego a mikrobiologia układu pokarmowego przeżuwaczy na podstawie owiec (Title: The level of cell stress and the microbiology of the digestive system of ruminants based on sheep). 1 year project.

**K) Any international experience, including presentations at international conferences, or any other mobility period**

1. Poster presentation: Impact of diet and age in the level of selected bacterial phyla and family in feces in Charolaise bulls. World of Microbiome 2022 International Conference, Vienna 2022

**L) Prizes/awards or other societal merits and honours (if any)**

- M) **Methods, software, infrastructures, materials, guides and tools developed or published (if any)**





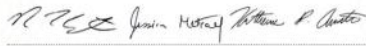
Jun 27, 2022

**Natalia Wanda Szeligowska**

has successfully completed

**Gut Check: Exploring Your Microbiome**

an online non-credit course authorized by University of Colorado Boulder and University of California San Diego and offered through Coursera



Rob Knight, PhD, Professor, Howard Hughes Medical Institute, Depts of Chemistry & Biochemistry & Computer Science, & BioFrontiers Institute, University of Colorado Boulder  
Jessica L. Metcalf, PhD, Senior Research Associate, BioFrontiers Institute, University of Colorado Boulder  
Katherine R. Amato, PhD, Postdoctoral Research Associate, BioFrontiers Institute and Department of Anthropology, University of Colorado Boulder

COURSE  
CERTIFICATE



Verify at:  
<https://coursera.org/verify/3EA45P5KMWJ8>  
Coursera has confirmed the identity of this individual and their participation in the course.

## CME/CPD Certificate

This is to certify that

**Natalia Wanda Szeligowska MSc**

participated in the

## 3rd International World of Microbiome Conference

Vienna, Austria

28-30 April 2022

and received 18 credits

<b>Omry Koren</b>	<b>Erika Isolauri</b>	<b>Iris Dotan</b>	<b>Kjersti Aagaard</b>	<b>Semuli Rautava</b>	<b>Nicola Segata</b>
Professor and Principal Investigator, Azrieli Faculty of Medicine, Bar Ilan University	Professor of Paediatrics and Head of the Department of Clinical Medicine, University of Turku	Director, Division of Gastroenterology, Rabin Medical Center	Professor, Department of Obstetrics and Gynecology, Baylor College of Medicine	Adjunct Professor, Department of Clinical Medicine, University of Turku	Associate Professor and Principal Investigator, Centre for Integrative Biology, University of Trento

### European Accreditation Council for Continuing Medical Education (UEMS/EACCME)

The 3rd International World of Microbiome Conference is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS): [www.uems.net](http://www.uems.net)

The 3rd International World of Microbiome Conference is designated for a maximum of, or up to, 18 European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

### American Medical Association (AMA)

Through an agreement between the European Union of Medical Specialists and the American Medical Association, physicians may convert EACCME credits to an equivalent number of *AMA PRA Category 1 Credits™*. Information on the process to convert EACCME credit to AMA credit can be found at [www.ama-assn.org/education/cme/uemseaccme-cme-credit-recognition](http://www.ama-assn.org/education/cme/uemseaccme-cme-credit-recognition)

### Royal College of Physicians and Surgeons of Canada

Live educational activities, occurring outside of Canada, recognized by the UEMS-EACCME for ECMEC credits are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada. For more information, visit: [www.royalcollege.ca/rcsite/cpd/providers/international-accreditation-agreements-e](http://www.royalcollege.ca/rcsite/cpd/providers/international-accreditation-agreements-e)



TO WHOM IT MAY CONCERN

This is to certify that Ms Natalia Szeligowska, MSc, a graduate from Wrocław University of Environmental and Life Sciences, has a good command of English at **level B2** (CEFR).

Teacher of English

Anna Ceglowska-McCann (MA)



UNIwersytet PRZYRODniczy  
wB WROCLAWIU  
ul. C. K. Norwida 25, 50-375 Wrocław  
STUDIUM JEZYKÓW OBCYCH  
I NAUK HUMANISTYCZNO-SPOLECZNYCH  
ul. J. Mikulicza-Radeckiego 6, 50-345 Wrocław  
tel. 71 320 5285, 71 320 5283





### **Redress letter template**

**First name and Surname of the candidate:** Natalia Szeligowska

**Selected Project Number and Title:** Project number – 3; Title: Postprandial glucose response in patients with type 1 diabetes: possible role of gut microbiota composition in moving toward a personalized approach.

**Redress motivation:**

Diabetes has been known and studied for hundreds of years. Before the discovery of insulin, this disease was terminal. The use of insulin to patients with diabetes more than 100 years ago made it possible to provide patients struggling with diabetes with a longer life. Despite the development of medicine, there is still no drug or vaccine that is capable of completely curing patients with this autoimmune disease. Conducting research on nutrition, the improvement of insulin production technology, the equipment designed to monitor glycemia or the influence of the microbiome on diabetes is crucial to improve the quality of life of diabetics.

As a person who has been struggling with diabetes type 1 for the past 9 years, I fully understand the importance of research in this area of medicine. Additionally, from the moment I was first diagnosed with this disease, I made it my goal to be involved in research that will lead to its complete cure or will improve the quality of life to some extent, as well as will allow for better blood sugar control. I also understand very clearly the need to look for innovative solutions, as in the case of research on the microbiome. The microbiota is a specific ecosystem, composed of bacteria, bacteriophages, archaea, fungi, protozoa, found in both humans and animals. Additionally, it is unique to each individual, just like the human fingerprints. These microorganisms are involved in stimulation of the immune system, production of vitamins, amino acids and maintenance of homeostasis of the entire organism. Discovering how the microbiome can influence the treatment of patients with type 1 diabetes is extremely fascinating. Moreover, in the future it will be possible to manipulate the human microbiota in the way that the absorption of insulin will be more efficient, blood sugar spikes right after meals will be reduced or even act as a preventive measure for people in the pre-diabetic stages.

23.06.2022, Wrocław

**Date, place**

*Szeligowska*  
**Signature**