

Théodore Proulx | Resume

- » **Status:** Master's student in International Politics
- » **Email:** theodoreproulx1@gmail.com
- » **Field:** Political Science
- » **Languages:** French, English (professional, IELTS score 8 / C1), Polish (intermediate), Spanish (beginner), Ukrainian (beginner)
- » **Skills:** Hardworking, resourceful, persistent, proactive, responsible, independent, creative, methodical

»»» Experience

- since 09/25 Administrative assistant [Université Laval](#)
 - » Material management
 - » Room setup
- 07/24 - 09/24 Front desk and information clerk [Université Laval](#)
 - » Permit sales
 - » Customer service
- summers 2021-2023 Hospital attendant: hygiene and sanitation [CHU de Québec](#)
 - » Hospital environment maintenance
 - » Room cleaning
- 06/2002/21 Produce clerk [IGA Raymond Rousseau](#)
 - » Food product placement
 - » Customer service
- 06/18 - 06/19 Sales clerk and cashier [Renaud-Bray](#)
 - » Cash management
 - » Literary recommendations
- 05/17-08/17 Receptionist and tour guide [Fondation Maison Plamondon](#)
 - » Guided tours
 - » Exhibit maintenance

»»» Education

- 2022 - 2025 Bachelors in International Relations [Poznań, Poland](#)
 - » Thesis: Emergence in Theories of International Relations
 - » Member of the International Relations Scientific Club; presentations at the Beyond Europe (2024) and Neoliberal Decline (2025) conferences
- 2018 - 2021 D.E.C. Cégep de Sainte-Foy [Québec](#)
 - » Diploma in Social Sciences
 - » Diploma in Music (no distinction)