

# Théodore Proulx | Resume

- » **Status:** Master's student in International Politics
- » **Email:** [theodoreproulx1@gmail.com](mailto: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
- 06/20 - 02/21 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 [Poznan, 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)