

Theo Mastio

Richmond, VA | theomastio@gmail.com | (804) 554-2611 | www.linkedin.com/in/theo-mastio | illogicalfrogstudios.org

EDUCATION

Virginia Commonwealth University, Richmond, VA

Expected Dec 2026

Bachelor of Science, Anthropology

Relevant Coursework:

- Linguistic Anthropology
 - Cultural Anthropology Theory
 - Cultural Anthropology Methods
 - Anthropology Education Internship
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RELATED EXPERIENCE

Student Advocate, Richmond, VA

Aug 2025 - Present

Office of Student Advocacy VCU

- Connect over 1,600 students per semester to appropriate institutional resources, addressing basic needs, well-being, and academic challenges.
- Collaborate with students, faculty, and staff to navigate institutional systems, identify next steps, and advocate on students' behalf.
- Design policy-facing reports, skills-focused zines, and marketing materials for the Office of Student Advocacy.
- Partner with departments including student government to coordinate and strengthen campus-wide advocacy efforts

Iowa Student Tobacco Education and Prevention President / Commissioner, Des Moines, IA

Iowa Department of Public Health

Jan 2017 - Jun 2019

- Advised health professionals, state legislators, and IDPH staff on ISTEP program impact and evidence-based strategies for reaching students across age groups.
 - Presented program activities and outcomes of the ISTEP initiative directly to the Commission on Tobacco.
 - Introduced nicotine addiction harm reduction kits to 60 statewide chapters to support adults seeking to quit.
 - Organized and hosted 3 ISTEP Summits for statewide chapters, drawing 200+ attendees each, focused on program recognition, nicotine education, and leadership development.
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CONFERENCE PRESENTATIONS

- *Archival to Analytical: Transforming Legacy Film Slides into Digital Data for Hominin Cranial Research* - **Anthropology Presentation and Exhibition Symposium Virginia Commonwealth University**- April 2026
 - *Holding My Breath: Popular Media's Effect on Cemeteries* - **Anthropology Presentation and Exhibition Symposium Virginia Commonwealth University** - April 2026
 - *Digitizing the Past: The Efficacy of Using Legacy Film Slides in Biological Anthropology Coursework.* - **American Association of Biological Anthropologists** - March 2026
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SKILLS

Proficiency in Microsoft and Google Suites, Event and Research Planning, Technical Writing, Record Keeping And Organization, Communication, Basic Engineering, Interviewing, Basic Mineralogy and Geology.