

# Theo Mastio

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

## EDUCATION

**Virginia Commonwealth University**, Richmond, VA  
Bachelor of Science, Anthropology

Expected December 2026

---

## WORK EXPERIENCE

**Student Advocate**, Richmond, VA  
*Office of Student Advocacy VCU*

Aug 2025- Aug 2026

- 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

**Unit Counselor**, Boone, IA  
*Camp Sacajawea*

May 2024 - Aug 2024

- Led Girl Scouts ages 6-15 in camp activities tailored to participant interests and age-appropriate developmental milestones.
- Standardized the planning of camp sessions and activities based on the types of camps offered.
- Supported counselors and cooks through clear communication, defined expectations, and recognition of their capacity to self-identify when assistance was needed.

**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.

---

## COMMUNITY INVOLVEMENT

**Member**, Richmond, VA  
*SGA's Disability Advocacy and Accessibility Caucus*

Sept 2025 - Present

- Planning events like the Visibility in Art Showcase.
- Developing education resources and training modules for the Faculty and Students on Disability.
- Surveying accessibility for over 3,000 students who rely on SAEO or ADA services to give them access to education.

---

## SKILLS

Technical Writing, Research and Policy Planning, Cross-functional Collaboration, Record Keeping and Organization, Communication, Microsoft and Google Suites