

Lara Romero

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PROFILE SUMMARY

- Aspiring journalist currently completing a Bachelor of Communications and Digital Journalism at Thompson Rivers University.
- Knowledge in news writing, interviewing, editing, radio programming, and photography.
- Over one year of experience in research, audio editing, and radio programming after volunteering and completing professional internships at CFBX-FM Campus Community Radio and CBC Daybreak Kamloops.
- Strong leadership, teamwork and active listening skills gained by working as a peer mentor at TRU's Wellness Centre for two years.
- Fluency in Spanish and English with a B2 level in French.

SKILLS

- Effective communication
- Leadership
- Teamwork
- Time Management
- Active listening
- Writing and editing
- Research and fact-checking
- Customer Service
- Event planning and organization

EXPERIENCE

CBC Daybreak Kamloops, Kamloops — *Professional Internship*

APRIL 2024 - JULY 2024

Actively pitched weekly story ideas to the station's producer, contributing to the development of engaging content for daily broadcasts.

Gathered news leads and conducted interviews with different members of the Kamloops community to create compelling stories.

Gained hands-on experience in script writing, recording and editing audio, and operating broadcast software.

CFBX-FM Campus Community Radio, Kamloops — *Volunteer and Professional Internship*

SEPTEMBER 2022 - AUGUST 2023

Hosted a weekly one-hour live radio show, *The Foreigner's Records*, engaging listeners with Hispanic and Latin American music along with a fifteen minute segment of world news.

Developed and curated show content by selecting music, world news updates, and public service announcements (PSAs).

Handled and monitored technical equipment, ensuring high-quality sound and troubleshooting any issues during live broadcasts.

Managed on-air transitions and broadcast timing, verifying smooth operation of scheduled programming.

Thompson Rivers University Wellness Centre, Kamloops — Student Wellness Ambassador

SEPTEMBER 2023 - PRESENT

Completed a 120 hour training that included peer mentor preparation, Sexualized Violence Prevention and Response, Suicide Prevention, Naloxone Training, and Indigenous Canada knowledge.

Created monthly social media posts and student newsletters that included thorough research on multiple wellness topics.

Organized and facilitated different events and workshops that promoted the mental and physical wellbeing of students and the community..

EDUCATION

Thompson Rivers University, Kamloops, BC — Bachelor of Communications and Digital Journalism

JANUARY 2021 - ONGOING

Selected coursework: Investigative Journalism, Trauma-Informed Environmental Journalism, Advanced Imaging and Editing, Media Law and Ethics, and Online Journalism.

Dean's List for the Faculty of Arts - Winter 2023 term.

Student Wellness Ambassador at the campus's Wellness Centre.

Member of Communications and Journalism Club.

Saint Andrew's School, La Paz, Bolivia — High School Diploma

FEBRUARY 2007 - DECEMBER 2019

Medium Technical Diploma in English.

Bilingual International Baccalaureate Diploma.

VOLUNTEERING

Girl Guides of Canada, Kamloops, BC — Guider

SEPTEMBER 2022 - MAY 2023

Assisted the unit leader with unit activities on a weekly basis. Provided guidance and support to girls from ages 5 to 9-years-old.

Simply the Best Thrift Store, Kamloops, BC — Store Associate

SEPTEMBER 2021 - DECEMBER 2021

Took the role of cashier and sales assistant. Received and processed donations, organized shelves, assisted customers, and maintained the store's appearance.

TRAINING & CERTIFICATES

Alianza Francesa, La Paz Bolivia — *DELF B2 Certification*

AUGUST 2019

NASPA, Kamloops, BC (online) — *NASPA'S Certified Peer Educator (CPE) Training Certificate*

AUGUST 2023

University of Alberta, Kamloops, BC (online) — *Indigenous Canada Coursera Learner Certificate*

AUGUST 2023

Toward the Heart, Kamloops, BC (online) — *Train-the-Trainer Training Certificate of Completion*

SEPTEMBER 2023

Sexualized Violence and Prevention Response Team at TRU, Kamloops, BC — *Sexualized Violence and Prevention Response Training for Peer Mentors*

AUGUST 2023

St. John Ambulance Saint Jean, Kamloops, BC — *Intermediate First Aid (Standard) Certificate of Completion*

AUGUST 2025