

# HENRY BIRKMEIER

## PROFESSIONAL DEVELOPMENT

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- **Mizzou ASH Scholars Program - *State Politics*** Aug 2025 – Present
  - Collaborate with a faculty-led research team through the Honors College and Office of Undergraduate Research to study how U.S. states function as “laboratories of democracy.”
- **Communications Chair | St. Louis Mayor’s Youth Cabinet** Dec 2023 – May 2025
  - Led a team of four to strengthen MYC’s public presence by developing social media strategies, managing website content, and ensuring consistent, professional communication across platforms.
- **Media Director | Missouri Youth and Government** Nov 2022 – Nov 2024
  - Led a media team of 50–70 students at the Missouri Youth and Government State Convention, overseeing event coverage, delegate interviews, and production of daily newspapers for attendees.
- **Public Relations | St. Louis University High School Student Council** Aug 2024 – May 2025
  - Managed Student Council's public relations as sole PR member, developing social media campaigns and crafting communications to engage the student body.
- **Welcome Week Leader (Mentor) | University of Missouri - Columbia** Nov 2022 – Nov 2024
  - Mentor and support new Welcome Week Leaders in preparing to welcome incoming students. Facilitate discussions, provide guidance, and participate in leadership training while fostering an inclusive campus environment.

## WORK EXPERIENCE

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- **Food Service / Line Cook | Nachomama’s Tex Mex & The St. Louis Zoo** July 2022 – July 2025
  - Performed multiple roles including food preparation, cashier duties, and line cooking, ensuring efficient operations and delivering excellent customer service to customers.
- **Grant Reviewer | St. Louis Mental Health Board** June 2024 – May 2025
  - Served as a youth representative on a grant review board, evaluating funding applications from local organizations focused on youth mental health services.

## EDUCATION

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- **University of Missouri - Columbia** Aug 2025 – Expected Graduation: May 2029

**Activities and Societies:** ASH Scholar, Honors College Student Council, Mizzou Rec Employee, Chancellor's Leadership Class, Welcome Week Leader Mentor, Associated Students of the University of Missouri (ASUM) Member
- **St. Louis University High School** Aug 2021 – May 2025

Student Council Public Relations Representative, President’s Ambassador, Russian Language and Culture Club (President), SLUH Sports Network (President), Missouri Youth and Government (Student Leader), Mock Trial (Student Leader)

## AWARDS

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- **Daughters of the American Revolution Distinguished Student Award** May 2025

This distinction is awarded to recognize a student who embodies the qualities of a good citizen and demonstrates dependability, service, leadership and patriotism.
- **National Russian Essay Contest | Bronze Medal** May 2024
- **2024 Annual Catholic Appeal Scholarship | The Archdiocese of St. Louis** Feb 2024

One of three students awarded scholarship in Archdiocesan essay contest on the impact of the Annual Catholic Appeal.