

# Zarah Axelrod

---

## Education

**1999 - 2003**                      **Syracuse University**                      **Syracuse, NY**  
B.S. in Magazine Journalism at the S.I. Newhouse School of Public Communication  
▪ Deans List Freshmen year, graduated with a 3.4 GPA

## Professional experience

**2003-2005**                      **Public Relations**                      **Champaign, IL**  
**National Alliance for the Mentally Ill-Champaign County**  
Public Relations/ Events Planning Volunteer

Since becoming a member of NAMI in September of 2003, I redesigned and published the newsletter, wrote and designed pamphlets, coordinated volunteers for projects, wrote grants, co-chaired the Public Relations Committee, spent hours doing community outreaches, updated the mailing list in an Excel file, and much more. As an event planner for NAMI, I planned a CIT officers awards ceremony, a film and panel discussion, "Choices in Recovery," NAMI-CC's first NAMI-Walk, "Strides Against Stigma," as well as handled the ordering of all promotional goods for events.

**2003 - 2004**                      **Freelance Editor**                      **Champaign, IL**

- Edited one scientific research grant and one technical paper. Also edited a thesis paper for a Korean graduate student.

**2001 – 2003**                      **University Food Service**                      **Syracuse, NY**  
General Employee/Student Supervisor

As a student supervisor, I was responsible for a crew of up to 12 workers. I trained and supervised workers and enforced health codes. Other duties included: hiring/firing, scheduling, and dispersing paychecks.

**2001-2002**                      **Office of Residence Life**                      **Syracuse, NY**  
Resident Advisor

As a Resident Advisor, I was in charge of creating and planning floor/dorm events with a small budget and no supervision. My floor was credited as being the best community in the dorm. I was also in charge of supervising the safety of my residents. Other duties included: sorting mail, working the front desk, writing up disciplinary forms when my peers broke rules, and once a week I was on call and did rounds.

## Skills

Familiar with Mac and PC platforms and the following computer programs: Microsoft Word, QuarkXPress, Adobe Illustrator 4.0, Photoshop, Microsoft Publisher, Excel, and Lexis-Nexis. My hobbies include: volunteering, reading, writing, traveling, scrapbooking, and cooking. Almost fluent in German, and know some Spanish.