

Molly Bowen

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EDUCATION

University of Limerick

Sept. 2025 – Aug. 2026

Master of Arts, Journalism and Digital Communications

Limerick, Ireland

- QCA: *In progress*
- Limerick Voice Newspaper Journalist, Gold President's Volunteer Award, Joe Drennan Irish Times Competition Participant, Yoga Society Teacher, Orientation Leader, Musical Theatre Society, Photography Society, Dance Society

University of Minnesota Twin Cities

Sept. 2019 – May 2023

Bachelor of Science, Nutrition and Dietetics

Minnesota, United States

- GPA: 3.68; Dean's List Spring 2020, Spring 2021, Spring 2022, Fall 2022
- Nutrition peer counselor, Gopher Football Nutrition Intern, Welcome Week leader, B-Team Club Volleyball starter (3 years)

WORK EXPERIENCE

Student Social Media Officer

Nov. 2025 – Present

University of Limerick

Remote

- Develop and produce social media content for the University of Limerick's official [Instagram](#) and [TikTok](#) profiles with 111,100 combined followers across both platforms
- Work to deadlines while maintaining a high quality of digital storytelling directed towards University life
- Attracted 33,415 total views to date for the University social media pages

UL Global Ambassador Content Creator

Sept. 2025 – Present

University of Limerick

Limerick, Ireland

- Pitch and create digital content for the UL Global [Instagram](#), [TikTok](#), and [Blog](#) profiles targeted towards prospective and current international students, with 20,183 followers across platforms
- Presented at a Stakeholder Session to 500+ incoming University students regarding my experience as an Ambassador
- Spoke to 50+ prospective students on a Webinar on behalf of the University of Limerick detailing my life as an international American student living in Ireland
- Guided study abroad students as an Orientation Week Leader by providing mentorship and answering questions about campus life

Yearbook Editor

June 2017 – May 2019

Cannon Falls High School

Minnesota, United States

- Selected and digitally designed all Yearbook template, font, and color themes using Jonsten's software for two years
- Facilitated bi-weekly meetings to delegate specific roles and tasks to committee members
- Photographed and reported on student activity to memorialize the study body's unique high school experience in the final copy

The Lantern Newspaper Social Media Editor

Sept. 2015 – May 2018

Cannon Falls High School

Minnesota, United States

- Posted newspaper articles and events on Twitter (X) daily regarding areas such as student and local news, sport, entertainment, and arts
- Earned the SNO Audience Engagement Award for 20 consecutive weekdays of posting while maintaining a minimum website traffic and profile follower threshold
- Arts and Entertainment writer

PROJECTS

TV Broadcasting Social Media Manager

March 2026 – April 2026

University of Limerick

- Voted for the role of Social Media Manager for a student TV Broadcasting News Bulletin programme
- Created 23 posts in one month, garnering 28,441 total post views, 772 likes, and a 94.32% increase in total followers
- Constructed a [social media content rota](#) to organize daily posts
 - The social media content I made can be found under the posts labeled From the Flagpoles on the [@LimerickVoiceTVNews](#) Instagram page

Travel Tik Tok Page - [@molls.traveljournal](#)

Sept. 2024 – Present

- Produce videos using editing sites such as Capcut and Canva to document my travels and experiment with content creation techniques
- Target video content towards an audience interested in affordable solo travel, international relocation, and Irish lifestyle
- Reached 88,661 total post views and 10,700 likes thus far

Personal Travel Blog - [Moll on the Move](#)

May 2023 – Present

- Curated and designed my own blog using Wix to document my solo travels through writing and photography
- Customized SEOs in order to increase traffic to my site
- Developed an email campaign sent to subscribers to promote each of my 11 blog posts