

# HELENA GRUENSTEIDL

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## EXPERIENCE AND SKILLS

CET Study Abroad Programs // Student Correspondent 8/2018-

- Create monthly videos and blog posts about my study abroad experience for future students

Studio Iowa // Production Intern 5/2018-8/2018

- Worked as PA, AC, and AD on several commercial video shoots
- Participated in client meetings and concept conception
- Processed, transcoded, and edited footage
- Learned RED camera operation

Grinnell College Communications Office // Media Specialist 8/2017-

- Create digital media promotional content and assist in managing Grinnell College's social media
- Currently gaining experience with film production, photography, social media outreach, graphic design, brand representation, and teamwork

Grinnell's S&B Newspaper // Video Editor and Photojournalist 8/2016-

- Create weekly videos about campus events and students for the S&B website
- Responsibilities include:
  - Contacting subjects
  - Conducting interviews
  - Writing
  - Shooting
  - Editing

Grinnell College "Phonathon" // Student Caller 8/2016-5/2017

- Called alumni to ask for donations to the college
- Gained people skills and telecommunications experience

## APPLICATION SKILLS

Microsoft Office	Adobe Photoshop	Apple Final Cut Pro
Adobe Premiere Pro	Adobe Illustrator	DaVinci Resolve
Adobe After Effects	Adobe Lightroom	

## PRODUCTION SKILLS

Cinematography	Lighting	Camera Op. (Sony, Canon, RED, ARRI)
Directing	Grip Work	

## EDUCATION

Grinnell College 8/2016-5/2020

Bachelor of Arts in Film, Communication, and Media Studies, May 2020

Current GPA: 3.72/4.0

Honors: Dean's List, 2017-

Film and TV School of the Academy of Performing Arts 8/2018-5/2019

Study abroad program through Grinnell College // 16 and 35mm film production

## PRODUCTION EXPERIENCE

DoP	<a href="#">Hodit se k Sobe (Dovetail)</a>	Caroline Byrd, Director	2018
1 <sup>st</sup> AC	Hy-Vee "EZ-PZ" video series	Shawn FitzGerald, Director	2018
1 <sup>st</sup> AC	Country Clipper ad series	Shawn FitzGerald, Director	2018
Director/DoP	<a href="#">Conditions</a>	Helena Gruensteidl, Director	2018
Director/DoP	<a href="#">Quest Deferment</a>	Helena Gruensteidl, Director	2017
PA/2 <sup>nd</sup> AC	<a href="#">Grinnell College Ad Spot</a>	Kyle Kastranec, Director	2017