

Shimei Ricks-Cook

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EDUCATION

Fayetteville State University, Fayetteville, NC

Bachelor of Arts in Communication and Media Studies, expected 2026

WORK EXPERIENCE

Historically Black Since, Remote

Host

January 2025 - present

- Host of a weekly television news program covering stories at HBCUs.

- Interview university leaders, students, and HBCU alumni on topics that are affecting their campus.

Bronco Television, Fayetteville, NC

Anchor & Executive Producer

August 2024 - present

- Oversee "What's Hot with Shimei Cook," a weekly television program.

- Write and produce three feature news stories and packages a week covering events and issues at Fayetteville State University on topics including campus events, departments, and issues.

- Edit shows using Adobe Premiere Pro that are published online and on the campus's closed-circuit television.

Florida Citrus Sports, Orlando, FL

Intern

December 2025 - December 2025

- Covered and produced post-game packages about the Pop-Tart and Cheez-It Citrus Bowl as a multimedia journalist.

- Reported on Michigan's new head football coach's introduction press conference.

- Produced a story about an event where local children in Orlando connected with players from Michigan and Texas.

CBS17 (WNCN), Raleigh, NC

Intern

September 2025 - December 2025

- Research, write, edit, and develop compelling story packages that meet deadlines.

- Wrote post-game sports articles that were published on the station's website.

- Help set up live shots using TVU for high school football games.

NABJ Student Multimedia Project, Cleveland, OH

Reporter

August 2025 - August 2025

- Selected to gain hands-on media experiences with mentorship from media professionals to cover stories and events at the 50th annual National Association of Black Journalists Convention.

- Reported a story about Black Business Month in the Cleveland area that was aired as a television package, podcast episode, and website article.

- Wrote, produced, and tracked an audio story using Adobe Audition about an NBCU Academy event at the convention.

Did You Hear That? with Shimei and A'Lauren, Remote

Co-host & Executive Producer

May 2025 -August 2025

- Produce topics, discussions, and themes for a weekly podcast covering life as a young adult.

- Edit and upload episodes published on podcast platforms, including Spotify, Apple Podcast, and YouTube.

- Create and post digital and social media imaging, reels, and thumbnails to promote the podcast.

FSU Broncos Sports Network, Fayetteville, NC

Content Creator & Broadcaster

August 2024 - February 2025

- Provide color commentary for university volleyball and football games.

- Serve as a sideline reporter for basketball and football games.

MEDIA SKILLS

- Adobe Premiere Pro • Adobe Audition • iMovie • Rundown Creator • ENPS • Wix • WordPress • Instagram • TikTok

- Facebook • X/Twitter • Canva • YouTube • Spotify for Creators

PROFESSIONAL AFFILIATION

National Association of Black Journalists; and National Communication Honors Society (Lambda Phi Eta)

HONORS

- NYU Ed Bradley Journalism Fellowship Member • 2025 Rick Bonnell Scholarship Recipient • 2025 NABJ Short Course Student • Best Hustle Award (NABJ Short Course) • 2025 Under Armour HBCU Career Combine