

Sofia Garrett

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WORK EXPERIENCE

ABC News <i>Social Media Intern</i>	New York, NY June 2026 – Present
- Produced vertical video and graphics for ABC News’ social media accounts and over 80 million cumulative followers across TikTok, YouTube, Instagram, Facebook and X - Tracked audience engagement and offered daily briefings on high-engaging content to the digital team - Covered breaking news across platforms in tandem with broadcast	
Northeastern University Athletics <i>Video Production Assistant, Women’s Hockey/Baseball Video Creative</i>	Boston, MA January 2025 – May 2026
- Executed on-site content during high-profile games, producing vertical videos in real-time for immediate social distribution to Instagram and X - Executed camera and graphics operation during live broadcast productions featured on both NESN and ESPN, taking cues from directors, training new employees, and accurately portraying gameplay and storytelling - Spearheaded and collaborated with marketing staff across ten sports teams to create hype videos, mic’d up segments, player features, game promos and videoboard entertainment, generating up to 50,000 views per post on socials	
The Huntington Newspaper <i>Audiovisual Editor</i>	Boston, MA April 2025 – December 2025
- Independently directed the video content for The News, pitching, overseeing and reviewing each video distributed across Instagram, TikTok, X and YouTube with deliverables reaching as high as 100,000 views - Headed a multimedia strategy for a predominantly written publication, serving as a public-facing ambassador by leading trainings, recruiting new students, collaborating with journalism classes and over doubling video outputs on socials	
The Boston Globe <i>News Correspondent, Sports Desk Co-op</i>	Boston, MA January 2024 – December 2024
- Covered time-sensitive sports tournaments, interviewing athletes and coaches and delivering stories for nightly print distributions under strict deadlines - Wrote game previews for the Bruins and championship-winning Celtics - Designed social graphics and scheduled posts for Globe X accounts using Canva and SocialFlow - Compiled and formatted statistical data to build the Globe’s scoreboard page, coordinating with layout staff to meet nightly production timelines and prioritizing visual appeal	
The Huntington Newspaper <i>Sports Editor</i>	Boston, MA April 2024 – December 2024
- Oversaw sports coverage across print and digital platforms, producing written and video content while managing press credentials and coverage schedules, plus reviewing all content from staff members for AP Style and flow - Coordinated daily logistics between editorial leadership, sports information directors, photographers and beat writers to facilitate timely publication and encourage effective communication	

EDUCATION

Northeastern University <i>Bachelor of Arts in Journalism and Media and Screen Studies</i>	Fall 2022 – Spring 2026 GPA: 3.915
- Honors: Summa Cum Laude, Dean’s list (Fall 2024 – Spring 2026), Student Emmy Winner (2025, WCVB-TV) Four-Time New England Student Emmy Honorable Mention (2025), North by Northeastern Best Documentary Winner (2025), Communications Studies Junior Scholar - Leadership: Northeastern University Dance Company Creative Planner (September 2025 – May 2026), The News Deputy Sports Editor (December 2023 – April 2024), Sigma Kappa Recruitment Assistant (April 2023 – December 2023) - Experiential Learning: Boston Globe Co-op (2024), Northeastern Athletics Co-op (2025), NU Dialogue of Civilizations – Video Storytelling and Peruvian Culture (2024), English Culture and Documentary Filmmaking (2023)	

KEY SKILLS

- Adobe Premiere Pro - Adobe After Effects - Adobe Photoshop	- AP Style - Canva - Copywriting	- Graphics (AJT livebook) - Newtek Tricaster - Social Media Management	- Vertical Video - Videography (Sony a7 III, Sony a7s, Broadcast HD cameras)
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