

Sofia Garrett

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EDUCATION

Northeastern University

Candidate for BA Journalism and Media and Screen Studies

GPA: 3.915

Honors: Four-Time New England Student Emmy Honorable Mention (2025), Dean's list (Fall 2024, Fall and Spring 2023, Fall 2022)

Boston, MA

Expected, April 2026

EXPERIENCE

Northeastern University Athletics

Boston, MA

Video Production Part-Time Employee, Women's Hockey Creative Cinematographer

September 2025 - Present

- Trained new employees in accurate camera operation, taking on a leadership role during broadcasts to ensure proficiency
- Refined my shooting for broadcast and creative, assuming a principal role in the creative shooting for women's hockey

Video Production Co-op

January 2025 - June 2025

- Traveled with Northeastern athletic teams to produce creative content at games and championships, including filming pregame content and in-game highlights to then edit videos for immediate publication to Instagram and X
- Assisted in camera operation and graphics operation during live game broadcasts, featured on both NESN and ESPN, taking cues from the director, utilizing professional equipment and accurately following gameplay and storytelling
- Edited hype videos and player feature videos on Adobe Premiere Pro within tight time constraints for ad-breaks during broadcast and for publication to social media with content gaining upwards of roughly 50,000 views

The Huntington Newspaper

Boston, MA

Audiovisual Editor

April 2025 - Present

- Independently managed the video content across all platforms for The News, pitching new content ideas to the news staff and editing every video for publication within a timely manner, with deliverables reaching as high as 100,000 views on Instagram

Sports Editor

April 2024 - December 2024

- Covered Northeastern's DI sports, creating accurate game recaps and short-form and long-form videos for our Instagram, TikTok and YouTube in addition to editing every article for the sports section and managing press passes for games

Deputy Sports Editor

December 2023 - April 2024

- Interacted daily with the sports editor, news staff, editorial board and SIDS to facilitate productive communication and timeliness, along with editing every article for the sports section

Northeastern University Dance Company

Boston, MA

Creative Planner, Social Media Manager

April 2025 - Present

- Brainstormed, produced and edited all content for Instagram and TikTok that accurately reflects the company's image, including highlight reels and behind-the-scenes videos, in order to gain a following and spark interest on campus
- Independently managed the company's social medias, developing content calendars to organize and manage all posts

Video Storytelling Course

Lima, Peru

Producer, Director, Cinematographer, Editor

July 2024 - August 2024

- Awarded best documentary at North X Northeastern Festival and nominated for New England Student Emmy
- Produced in-depth video segments on Peru's ancient civilizations for Chronicle, a half-hour news magazine program aired on WCVB-TV in Boston, by interviewing experts and filming Peru's iconic historical landmarks
- Wrote, filmed and edited a five-minute documentary for Northeastern University's website under tight-time constraints, utilizing skills in cinematography, Adobe Premiere Pro editing and reporting in collaboration with producing partner

The Boston Globe

Boston, MA

Sports Desk Part-Time Employee

August 2024 - December 2024

Sports Desk Co-op

January 2024 - June 2024

- Covered swim and tennis events and wrote accurate recaps and conducted interviews under a strict publication deadline
- Created graphics for social media using Canva and managed SocialFlow to send posts from Globe X accounts
- Utilized Methode to gather statistics and create the scoreboard page for the print newspaper based on strict deadlines and communicated with layout staff for the desired outcome and look of the page

SKILLS AND INTERESTS

Skills and Interests: Adobe Premiere Pro, AP Style, Canva, Cinematography, Content Creation, Editing, Instagram, MailChimp, Methode, Organization, Pitching Content, Photography, SocialFlow, Storytelling, TikTok, Time Management, WordPress, Writing, X