

# SOPHIE ABT

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## OBJECTIVE

A collaborative, hard worker with strong leadership, time management, writing, and communication skills. Requesting IUT to the Newhouse School for Fall 2026. Eager to gain experience in journalism and pursue a passion for storytelling.

## EDUCATION

### Syracuse University

<b>College of Arts &amp; Sciences</b>	Anticipated 48 SU Credits	GPA 3.7	First-Year 2025-2026
<b>SummerStart</b>	8 SU Credits	GPA 4.0	Summer 2025
<b>SUPA Forensics</b>	4 SU Credits		2024-2025

### S.I. Newhouse Public School of Communications

*Broadcast Digital Journalism Intensive* Syracuse, NY July 2024

- Learned to script, film, and produce PSA and news packages.

*Newhouse On-Location NYC Intensive* Fisher Center, New York, NY July 2024

- Studied journalism and communications careers. Visited alumni at 30 Rock, Vox Media.

**Fox Lane High School**, Bedford, NY Advanced Regents Diploma - High Honor Roll June 2025

## JOURNALISM EXPERIENCE

**Connect to Northern Westchester** Print and Digital Publication, Katonah, NY

**Featured Writer - Paid Position** Jan 2026-present

- Creating a teen acne article for the Health Issue. Interviewing Dermatologists discussing clinical vs. OTC trends.
- Interior Design Issue wrote an article on creating unique guest bedroom experiences. Conducted interviews.
- Featured Writer Spotlight with headshot and bio included in Interior Design Issue Mar/Apr.

**Journalism - HS Marketing Internship** May-June 2025

- Assisted with content and marketing materials. Solicited local businesses for proprietary app sign-up.

## NEWHOUSE CLUB INVOLVEMENT

**University Girl, Digital Writer** Print and Digital Publication 2025-present

- Provided writing samples and chosen as a digital writer producing weekly articles for the *Feel Good* section.

**Z89, DJ** i-Heart Radio Station 2026-present

- DJ Sundays 4pm. Learned technical production of an on-air broadcast. Manage board operation and talk breaks.

**Syracuse Sports Club - Ski Racing Club**, Member 2025-present

## HONORS

**Syracuse University College of Arts & Sciences** **Dean's List** Fall 2025

**Syracuse University Pre-College Student Ambassador** 2024-2025

- Chosen to help refine pre-college initiatives to improve future student experiences. Video submission winner.

**Fox Lane HS Sports Booster Club Scholarship Winner** June 2025

- Outstanding performer academically and athletically. Demonstrated leadership qualities as a role model.

**National Art Honor Society Member** 2024-2025

**Captain, Three HS Varsity Sports Teams - Lacrosse, Tennis & Ski Racing - All Section, All League Honors.** 2022-2025

## SCIENCE RESEARCH

**University of Albany DUAL Enrollment Course** 10 SU Transfer Credits 2022-2025

- Three-year program: wrote research papers, conducted statistical analysis, and presented findings in competitions.

## COMMUNITY SERVICE

**Vermont Adaptive Ski & Sports** Bromley Mountain, Peru, VT 2023-2025

*Special Needs Ski Instructor* for kids with cognitive & physical disabilities. Annual Wounded Warrior Weekend.

**Aceing for Autism** Westchester Tennis Center, Portchester, NY 2023-2025

*Special Needs Tennis Instructor* for kids with autism to learn to play tennis.

**Fox Lane Youth Lacrosse** Referee/Coach, Bedford, NY 2019-2025

## EMPLOYMENT

**Bedford Golf & Tennis Club** Bedford, NY

*Lifeguard* Yearly certification for CPR and water safety. Completed all responsibilities. 2023-present