

LAUREN HARRINGTON

Chevy Chase, MD | P: +1 (301)742-5327 | ldh91@miami.edu

EDUCATION

University of Miami, Department of Journalism and Media Management

Bachelor of Science in Broadcast Journalism and Media Management; Minor in Spanish

Coral Gables, FL

Expected May 2027

LONDON SCHOOL OF ECONOMICS AND POLITICAL SCIENCE

Study Abroad Program in International Business and Globalization

London, U.K.

Jun 2024 - Jul 2024

- Analyzed the historical, social and ethical aspects of modern journalism.
- Conducted research examining the role of liberal democracies, the impact of digital media, and the ethical challenges of reporting on events like terrorism and the influence of AI on news practice.

EXPERIENCE

FOX 5 D.C.

Bethesda, MD

News and Social Media Intern

Jun 2025 – Aug 2025

- Collaborated daily with 6 Good Day DC morning anchors to develop social media strategies, expanding the station's digital reach and audience engagement
- Attended 8 live *Zip Trip* broadcasts across the D.C., Maryland, and Virginia area, coordinating guests, assisting anchors on set, and engaging with community audiences.
- Created and presented a creative brief to FOX 5 D.C. executives, including the News Director and social media team, on optimizing social media presence and storytelling across TikTok and Instagram.
- Authored 50+ segment scripts for live shows such as *The Take at 2*, *Like-It-or-Not*, *Good Day DC*, and *Zip Trips*.
- Interviewed live on *Live Zone PrimeTime*, spotlighting work balance as a content creator and broadcast journalism student.
- Spearheaded the social media intern team, mentoring reporters and anchors on digital content creation; mentored a team of 15 interns
- Coordinated meetings with on-air talent and digital team, guiding 20+ on-air talent on vertical storytelling techniques and social-first content production.
- Partnered with Emmy Award-winning reporters and photojournalists, answering 270+ newsroom calls, writing interview questions, conducting 30+ interviews, and refining on-camera delivery.
- Produced 10+ self-written stand-ups and story pitches during high-profile assignments, including White House and Commanders Training Camp media coverage.

UMTV "NEWSVISION"

Coral Gables, FL

Anchor

Jan 2025 – Present

- Anchor a live, 30-minute weekly newscast, delivering breaking, local, and human-interest stories with professionalism and composure.
- Advanced from reporter to anchor within one semester as a sophomore, reflecting strong on-air ability and newsroom leadership.
- Nominated for the 45th College Television Awards in the News category, selected from 186 submissions nationwide
- Write, produce, film, and edit original packages, voice-overs, and interviews under tight deadlines for both hard and soft news coverage.
- Curated over a dozen packages, ensuring accuracy, narrative clarity, and broadcast quality.
- Conduct in-depth research to develop credible, high-impact story pitches for weekly editorial meetings.
- Source and schedule interviews with local officials, students, and community members to strengthen coverage and viewer relevance.
- Master AP ENPS and Ross XPression to script stories and edit on-screen graphics.
- Refine stories in Adobe Premiere Pro, creating polished visual content for air and digital platforms.

ALEX COOPER'S UNWELL NETWORK

Los Angeles, CA (Remote)

Unwell University Creator

Jan 2025 – Present

- Produce, write, and edit short-form video content using broadcast storytelling techniques and strong on-camera delivery.
- Develop authentic narratives that blend lifestyle, wellness, and media branding for TikTok and Instagram audiences.
- Collaborate with national brand representatives and creators to plan and execute digital campaigns aligned with brand messaging.

UMTV "PULSE"

Coral Gables, FL

Reporter

Aug 2023 – Dec 2024

- Hosted 12 "Drama Deep Dive" live in-studio segments delivering breaking entertainment and celebrity news.
- Reported, produced, and filmed 6 "Fashion Frenzy" field packages capturing emerging fashion trends and Miami style culture.
- Conducted research, developed scripts, gathered b-roll, and presented high-quality entertainment content.

ADDITIONAL

Skills: AP Style, AP ENPS, Adobe Premiere Pro, Final Cut Pro, Spanish, Social Media Analytics, Lightroom, Instagram, TikTok, Facebook, X, Word, Teams, Ross XPression, Winplus Teleprompter, Sony Cameras, Dejero EnGo, Wheatstone, CapCut, Grass Valley