

LAUREN HARRINGTON

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EDUCATION

University of Miami, Department of Media Management and Broadcast Journalism

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

Coral Gables, FL
Expected May 2027

LONDON SCHOOL OF ECONOMICS AND POLITICAL SCIENCE

International Journalism and Society

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.

Social Media and News Intern

Bethesda, MD
Jun 2025 – Aug 2025

- Created and presented a social strategy brief to executives, including the News Director and social media team, on optimizing social media presence and storytelling across TikTok and Instagram.
- Collaborated daily with 6 Good Day DC anchors to develop social media strategy, expanding digital reach and audience engagement.
- Scheduled and published content for reporters and anchors, sourced b-roll, and wrote captions tailored to each talent's voice and audience.
- Authored 50+ segment scripts and captions, conducted 30+ interviews, answered 270+ newsroom calls, and refined on-camera delivery.
- Attended 8 live *Zip Trip* broadcasts across the D.C., Maryland, and Virginia area, coordinating guests, assisting anchors on set, engaging with community audiences, and filming social-first content for TikTok and Instagram.
- Coordinated meetings with on-air talent and digital team, guiding 20+ reporters on vertical-video techniques and social-first production.
- Spearheaded the social media intern team, mentoring reporters and anchors on digital content creation; mentored a team of 15 interns.
- Produced 10+ self-written stand-ups and story pitches during high-profile assignments, including White House and Commanders Training Camp media coverage.

UNIVERSITY OF MIAMI TELEVISION “NEWSVISION”

Coral Gables, FL
Jan 2025 – Present

Lead Anchor

- Anchored a live, 30-minute weekly newscast, delivering breaking, local, and human-interest stories with professionalism and composure.
- Produced 12 original packages, writing, filming, and editing both hard and soft news stories, maintaining accuracy and narrative clarity.
- Refine stories in Adobe Premiere Pro, creating polished visuals and graphics optimized for broadcast and digital platforms.
- Pitched and secured 3+ monthly placements, sourcing and scheduling interviews with local officials, students, and community members to strengthen coverage and viewer relevance.

ALEX COOPER’S UNWELL NETWORK

Los Angeles, CA (Remote)
Sept 2025 – Present

Content Creator, Unwell University

- Produce lifestyle and wellness-focused vertical video content for TikTok, achieving 20,220 average views and 9.15% like rate on TikTok.
- Develop authentic, trend-aware narratives (GRWMs, POVs, episodes, launches), leading to 30% increase in followers.
- Collaborate with 80+ creators nationwide during monthly strategy calls, pitching content ideas that strengthen cross campus engagement.

UNIVERSITY OF MIAMI TELEVISION “PULSE”

Coral Gables, FL
Aug 2023 – Dec 2024

Entertainment, Social Media, and Fashion Reporter

- Hosted 12 entertainment and celebrity-focused segments translating pop-culture and online trends into story-driven coverage.
- Reported, produced, and filmed 6 “Fashion Frenzy” field packages spotlighting emerging fashion trends and Miami style culture.
- Dedicated over 40 hours to researching content and b-roll for trend coverage, producing visuals tailored for Instagram.

DELTA PHI EPSILON SORORITY

Coral Gables, FL
Apr 2024 – Dec 2024

Public Relations and Communications Coordinator

- Spearheaded the chapter’s visual branding by curating social posts, flyers, and promotional materials; dedicated 10+ hours per week.
- Designed graphics, captions, and posting schedules in Canva and Adobe Photoshop to maximize visibility and audience engagement.

ADDITIONAL

Skills: Adobe Premiere Pro, Photoshop, Final Cut Pro, Canva, Lightroom, AP Style, Content Creation and Strategy, Visual Storytelling, Creative Writing, Video Editing, Social Media Analytics & Performance Reporting, Copywriting & Captions, Graphic Design, Instagram, TikTok, Facebook, X, Microsoft Word, Office, Outlook, PowerPoint, Spanish