

# I'm Sophia Lindberg

3659 Aspen Heights Parkway  
Columbia, MO 65201  
(913) 424-7434  
sclbdc@umsystem.edu

## Skills

Educational leadership, design, research skills, communication, attention to detail, writing, copy editing, social media, proactive learning, media literacy, social intelligence, emotional intelligence, self-motivation, proactive leadership, analytical skills, planning, love of learning, cross-cultural competency, resilience, personal adaptability, service oriented

## Experience

October 2024 - PRESENT

### **MizzouRec- TigerSwim Instructor**

- Provide leadership and guidance of skills, being attentive to each individual
- Comfortability working with students aged 6 to adult, communicating appropriately with each age group

October 2024 - PRESENT

### **VOX Magazine, Missouri News Network – Design Assistant**

- Create layouts using Adobe Suite based on the publication's style individual style
- Illustrate concepts via graphic design, adequately preparing and researching each piece

June 2024 - July 2024

### **Homestead Country Club, Prairie Village, KS – Assistant Swim Coach**

- Instruct 200 children aged 6-18 on proper swim technique and team mindset, curating a positive learning space and boosting individual and team performance
- Communicate clearly with coaches, officials, parents and swimmers—answering questions, providing and receiving feedback, and coordinating team efforts.

June 2021 - July 2024 (seasonally)

### **Country Club Association of Kansas City, K.C. Area – Stroke Judge Official**

- Judge legality of stroke technique at swim meets, applying knowledge of technically correct swimming at the competitive level
- Make quick and informed decisions about violations and effectively documenting the infraction

November 2023 - PRESENT

### **Women in Media, MU School of Journalism – Outreach and Education Executive**

- Assist in the preparation of bi-weekly club meetings by networking and preparing materials

- Aid in the professional development of women within the Journalism school while creating a comfortable and social space

## Education

August 2024 - May 2027

**University of Missouri, Columbia, Mo.** – Undeclared Journalism

Honors College student pursuing a degree in Journalism with a minor in Business and certificate in Digital Storytelling

## Awards

Dean's List Fall '23 and Spring '24

Mark Twain Scholarship

Quill and Scroll National First Place for sports column writing (2023)

Placed in regional and state contests twice for Digital Illustration (2022, 23)