

Adam Proud

Journalist



07508823919



apjourno25@gmail.com



adamproud.journoportfolio.com



@adamproud25_jrn



Keswick, Cumbria

Profile

I am a 22-year-old highly motivated journalist with a recently achieved First Class sports journalism degree. Growing up, I was an avid newspaper and magazine reader and I have always enjoyed writing and having the opportunity to be creative. Since studying my journalism degree, I have obtained a deep passion for uncovering and writing stories that capture the struggles of individuals and groups in our society and how they have overcome them.

Skills

- A strong understanding of the digital and print media industry.
- Researching, reporting, interviewing and producing written, video and audio packages.
- Recording, editing, and publishing audio and video.
- Knowledge of the UK's media law, regulation and ethics.
- Mobile and social media journalism
- Growing knowledge of where to source the most interesting stories.
- Building rapport with my expanding contact list of interviewees.
- Full UK driving licence.

Software Experience

Adobe Premiere Pro and Adobe Audition

Microsoft Office

Content Management System and Search Engine Optimisation

Achievements

My name featured on the Dean's List for academic achievement in both semesters of my period abroad at CCSU.

Education

- First Class BA (Hons) Degree in sports journalism at the University of Central Lancashire (July 2023)
- 3 A-Levels (C) & an EPQ (B), 9 GCSEs

Experience

The Pit Stop Magazine: 2020 – Present



- Contribute to a growing magazine set up in 2020.
- Interviewed several high-profile motorsports athletes and wrote extensive features for publication.
- Responsible for contributing motorcycle-racing based stories to the magazine.
- Online articles published for the magazine's webpage.

DirtFish: May 2022 – May 2023



- Contributed articles for a high audience website. (<https://dirtfish.com/author/adamproud/>)
- Knowledge in building articles using CMS.
- Created graphics using Canva for use on social media.
- Produced breaking news stories to a high standard in a very short turnaround.

Big Issue North: Placement Feb 2023



- Produced content for two issues of the Big Issue North magazine and website.
- Interviewed an up-and-coming business entrepreneur and produced a feature on his successes, challenges, and future plans.

Study abroad period at Central Connecticut State University (CCSU): 2021 – 2022



- Gained knowledge and experience of journalism in a different country.
- Articles published in the university's student newspaper, including a COVID-19 report which investigated the pandemic's disruption on college athletes' careers.
- Covered several sports for the student newspaper and TV news class, including football, American football and men's/women's basketball.
- Produced numerous stories on various issues around the university.