

FRANK NUNNS O'CONNELL

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I am currently a third-year journalism student at City, St George's University of London and I have a passion for creating unique and original sports journalism content.

JOURNALISM EXPERIENCE

- Produced and delivered video and audio broadcast packages on basketball in the UK and its difficulties, interviewing youth coaches and players, developing my skills with cameras and audio devices. Gained a strong understanding on what makes good broadcast journalism.
- Wrote a live match report for Arsenal Women VS Tottenham Hotspur Women at the Emirates stadium, submitted 45 minutes after the final whistle, enhancing my match reporting skills and showcased meeting fast-paced deadlines.
- Produced and recorded a minute and a half TV news package reporting on rugby culture in England, including graphics and a piece to camera, enhancing my broadcast television skills and ability to edit in Adobe premiere pro (achieving a 1:1 grade).
- Produced and recorded a 25 minute basketball podcast for an online and social media module at university, enhancing my skills in Adobe audition as well as my communication and teamwork.
- Recently started my own NBA blog, aiming to post weekly pieces on a variety of topics, gaining organisational skills and increasing my creativity as I have to come up with ideas for pieces.
- Researched and wrote feature pieces in relation to both basketball and football. It required interviewing and in-depth research resulting in accurate and detailed pieces of writing achieving a (1:1 grade).
- Pitching ideas and concepts to lecturers resulted in more refined and comprehensive pieces of journalism, leading to stronger writing and better assignments.
- Oversaw the role of sports editor for a 'TV newscast' assignment, creating a script that fitted perfectly into a 30 minute news programme, perfecting my organisational and time management skills while working in a fast-paced team.

EDUCATION

City, University of London BA Journalism

Sep 2022 - Jun 2025

- Key modules: Sports Journalism, Broadcast Journalism, Feature writing, Digital Journalism, Journalism project

Forest Hill School, London

Sep 2015 - Jun 2022

- A-levels: Spanish (C), Politics (B), History (B)
- GCSEs: Achieved all 9 GCSEs, including Mathematics (Grade 6), English Language (Grade 8), English literature (Grade 7)

SKILLS AND INTERESTS

- Languages: English (Native), Spanish (A level + one year at university)
- Interests: I have a strong interest in sports. In particular football, but I also really enjoy American football and basketball. This has helped me create well-informed pieces of sports journalism while I've been at university.
- Skills: Adobe Premiere pro, Adobe Lightroom, Adobe Audition, Mezzo microphones, Nikon DVSR D3500

OTHER EXPERIENCE

Customer Service assistant, Wilko

Jun 2023 - Sep 2023

- Balancing a variety of tasks was key during a shift, it was my responsibility to do so in the correct order and to a fast pace.
- Finishing tasks management had given me in a timely manner, leading to better time management and efficiently carrying out the objective.
- Communicating with the manager and colleagues over tasks and what had to be done helped devise strong listening and communication skills.

5-a-side football referee, Go Mammoth

June 2024 – present

- Organised and led 2-3 hour sessions for adults to play football, gaining time management and organisational skills as I had to adjust times of games based on the pitch booking.
- Gained the ability to think on my feet in a fast-paced environment, for example I had to call an ambulance for a player following an injury, forcing me to cut the game short and keep the players calm.

EXTRA CURRICULAR ACTIVITIES

- Studied an online course on the full history of football, learning about the social side of the sport and how it has changed since its beginning. It formulated my attention to detail as there were quizzes on the course after every section, specific questions were asked so I had to pay close attention.
- <https://www.futurelearn.com/courses/football-lcfc>.