

Freya Cashman

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Personal

My name is Freya Cashman; I am 20 years old and currently a university student at the University West of England studying Film Studies. I am a hardworking and dependable individual who strives to deliver high quality results in any profession. I work well both independently and within a team, using clear communication skills and supporting one another. I take pride in my contribution and having a positive attitude towards colleagues and others.

EDUCATION

BA(Hons) Film Studies (3-year course) University of the West of England Bristol

Currently in my Second year

Key Skills gained

- Exploring how cinema has changed and been developed over history, as well as how audience representations have changed, and the demands of what is put on the screen.
- Looking at different fandoms and the impact different films have had on audience members, such as Marvel and Star Wars being large franchise films.
- Research skills - I am really fascinated in researching and finding deep information about films and Tv. Importantly, looking at the different locations that are used, and the layout of sets of each scene and what significant props and costumes are used and why. I very much enjoy researching, finding out about new and upcoming directors and what work they have done or what is upcoming. This allows me to expand my film knowledge and explore new and interesting films.

- Representation of Gender, Class and Race etc - Using my sociology skills to look at ways different groups in society are represented in films and TV and why different people face discrimination and others don't.

King Edward VI Community College (September 2016 - June 2023)

A levels: English Literature and Language B, Sociology D, Film Studies B

GCSEs: Subjects at Grades A-C, including English, Maths and Science

UAL Level 3 Diploma in Music Performance & Production (September 2023 - May 2024)



COURSEWORK

Group Projects - So far within the course, we have completed two group tasks, where we picked a topic from our modules and find relevant resources to discuss about. As a group we chose to discuss teenpics, and how teen movies have changed from the 1950s to present day.

Working Independently -

I work efficiently in my independent studies, even though I prefer working with people, getting set a task I will successfully take onboard and complete. Such as taking crucial notes during lecturers and seminars and engaging in independent tasks to complete. At the start of the semester, we chose a film from the BFI list to watch and write about the themes and why the film is on the BFI list. This gave me the great opportunity to analyse a new film that I have not heard of or seen before.

WORK EXPERIENCE

Lifeguard, Totnes Leisure Centre, Totnes (September 2021 - March 2023)

Being a lifeguard has allowed me to Look out for people who may be in danger, within a busy pool environment. It has given me life lessons with learning how to deal with people during crucial situations such as a drowning or a choking etc. It is important to work within a team to look after the facilities of the pool, such as cleaning the area, so it is safe for others to use and to prevent any injuries.

Pizzalogica, Pizzeria, Dartington (June 2020 - September 2024)

Working in a friendly environment, I adopted hospitality skills about working within a kitchen and preparing food for customers. I communicate successfully with customers on front of house as well as handing them food with kindness. I've been able to work in stressful hours during busy times of the year, as well as quiet shifts where I can bond with my fellow workers to get food out and make the customers happy.

Bartender, Bay Horse Totnes, Pub, Totnes (July 2025)

Waiting team, The Albion, Clifton (October 2025)

I find it important to be calm and clear while working in a busy environment, by staying organised, communicating clearly, and handling busy situations with a calm attitude. Ultimately providing great service and strong teamwork.

INTERESTS

Music - I frequently play the bass guitar, which I enjoy very much as well as I've played within a couple of bands and created our own compositions. As well as playing, I really love listening to music wherever I go. Exploring new kinds of music and different ways people play I find fascinating, and it expands my knowledge of seeking out new artists.

Sport - I've recently taken up rowing at university and I've really enjoyed the new interest. Rowing in a group on the water has become one of my favourite things to do and working in a team has made me like the sport even more. Not only rowing but other sports I really enjoy including swimming and netball; where I can be a part of a team and cheer one another on.

Outdoor Spaces - I enjoy being in the outdoor space and going on walks by the beach. I find it accentual to be outside and away from screens and being enclosed inside. I love going to festival and music events, which I have been doing since I was very little with my family.

Media Work Experience

- Love Productions, London (October 2025) – This company gave me an amazing experience to go up to London and get an idea of how the company functions. I was able to speak to different people in the company in different roles, giving me a feeling of what I want to do. They made me feel very welcome and got me to complete different tasks, such a picking music for upcoming programmes.
- Drummer TV (November 2025)