

SOPHIE TONGE

STUDYING BA (HONS) INTERIOR DESIGN



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Barnsley, South Yorkshire

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PROFILE

A second-year Interior Design student dedicated to creating functional and engaging spaces, skilled in the use of design programs. Combines creativity with precision and initiative, can deliver thoughtful designs that meet both aesthetic and practical needs. Strong administrator who brings excellent organizational and time-management skills, adaptability, and problem-solving abilities—especially valuable in high-pressure situations whilst keeping calm. Take initiative in learning and self-development, consistently seeking opportunities to enhance knowledge and capabilities. Fully committed to a career in interior design, building hands-on experience through personal renovation projects and collaborative assignments. Enthusiastic about spatial design and layout planning and eager to apply my technical skills and collaborative approach in a commercial design setting.

TECHNICAL SKILLS

- Adobe Creative Cloud, Sketchup, Auto CAD, Revit
- AR - Augin, Adobe Aero
- Microsoft packages including Word, Powerpoint, Excel, Teams, Outlook
- Canva
- Social media platforms including Instagram

EDUCATION

BA (Hons) Interior Design, University of Huddersfield | 2023 - Present

Year One Modules and Results

Design Process and Communication, A

Portfolio Design Exploration Explorative design proposals

Design Culture In Context, A

Case study, group oral and visual presentation Written assignment

Material Innovations, A

Series of short quizzes Specific material/s finish slide presentation Materials and finishes sample board

Year Two Modules, **Results Pending**

Design in Context

Design Identities

Global Professional Award

Year One, **Pass**

Year Two, **Result Pending**

Level 3 Diploma in Dental Nursing, Learndirect | 2012 - 2014

Level 3 NVQ in Business and Administration, Barnsley College | 2011

BCS Level 2 Certificate in IT User Skills, BMBC | 2011

Level 2 NVQ in Business and Administration, Barnsley College | 2009

GCSEs, 9 grades A-C including Art & Design, Maths, English, Darton High School, Barnsley | 2001 - 2006

EXPERIENCE

At University, projects and assignments | 2023 – present

- Hand drawing, including sketching and orthographic projection
- Produce 2D and 3D visuals to effectively communicate design concepts
- Generate and develop concept ideas through research and create concept mood boards based on different themes
- Design and plan interior spaces that align with design briefs and audience requirements
- Prepare detailed scale plans, sections, elevations, and models using various CAD software
- Source samples to visually convey design concepts through sample boards and material specifications
- Deliver presentations to tutors and peers, take feedback and share ideas
- Collaborative team project working on interdisciplinary projects within the school
- Home renovation projects and personal projects
- Collaborated with the construction industry on projects with a construction professional

Dental Nurse / Receptionist, MyDentist, Barnsley | 2012 - 2023

- Schedule and manage patient appointments
- Maintain accurate records in keeping with data protection regulations
- Greet patients, managing the reception area and provide post-operative instruction
- Coordinate with clinical staff to maintain an efficient flow of appointments/treatments
- Manage incoming calls and emails responding promptly and professionally
- Handle financial transactions and daily cashing up
- Provide chairside support and assist with dental procedures following health and safety regulations, COSHH and CQC regulations
- Monitor and replenish stock levels

INTERESTS

I am deeply committed to design concepts that integrate nature and promote wellness. With a background in art and design and skills in creative outlets like piano and visual arts, I bring a well-rounded creative approach. My commitment to personal wellness has strengthened my discipline and motivation, shown through a consistent yoga practice where I set and achieve personal goals weekly.

REFERENCES

Penny Sykes
Module Leader, University of Huddersfield
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Claire Diggle
Module Leader, University of Huddersfield
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