

## 2. CV

I have included my updated CV, which highlights my relevant coursework, internships,



### Contact

**Phone** 0614753379  
**Email** megsie.moulang@gmail.com  
**Address** 8 Somerst rd, Cnetral,Makhanda,  
Eastern Cape, South Africa

### Achievements

- **Most Improved Women's Crew:** Rowed in a Boat race in 2019
- **Half Colors:** Rowing
- **Vice Captain:** First Rowing Team
- **First Team:** Rowing, Cross Country
- **Top 100 Matric to Antarctica:** Was postponed due Pandemic.

### Education

2020  
**Bachelors Matriculation Certificate**  
Calrendon High School for Girls - EL

2021  
**120 Hour TEFL Course**  
Lets TEFL

2023  
**Personal Training Certificate**  
Trifocus

### Expertise

- Writing Skills
- Time Mangement
- Social Skills
- Problem-Solving
- Communication
- Organization
- Compute Skills
- Quick Learner/ Adapt easily

### Language

English  
Afrikaans  
Converational isiXhosa

# Megan-Lee Moulang

## JMS 3 Student

I am an extremely organized person who manages my time very well. I am a highly motivated and processes/Result-driven professional with a strong background in writing and producing media. With three years of work experience, I have consistently delivered exceptional results by leveraging my time management and organisation skills, and I am dedicated to continuous learning and growth in pursuit of excellence in my career. I love to be outdoors, Such as going on hikes and surfing occasionally, and I love to get out of my comfort zone. I thoroughly enjoy reading, especially classic literature.

## Experience

### 2022 - Present

#### Fit and Functional Personal Training Studio | Remote Content Creator

As a skilled content creator passionate about fitness, I have honed my expertise in crafting engaging newsletters and social media posts for gyms. With a deep understanding of the fitness industry, I consistently develop compelling, informative, and visually appealing content that drives member engagement, encourages participation, and strengthens the gym's online presence. My ability to translate complex fitness concepts into accessible, motivating content sets me apart in this field. With a track record of successfully boosting member retention and acquisition, I am committed to delivering outstanding results in the dynamic world of gym marketing.

### 2023

#### Job Shadowing at LinkFm | Job Shadowing

During my job shadowing experience at a Christian radio station, I had the unique opportunity to immerse myself in the dynamic world of faith-based broadcasting. This hands-on experience allowed me to observe the behind-the-scenes workings of a Christian radio station, including content creation, production, and on-air activities. I gained valuable insights into the technical aspects of radio production and the creative process behind crafting engaging content that resonates with the station's Christian audience. My time spent at the station reaffirmed my passion for using media to communicate faith and values, and I am excited to explore further opportunities in this field.

### 2020 - 2022

#### East London/Grahamstown Extra Lessons | Tutor

Provide comprehensive tutoring in English, Mathematics, Biology, Afrikaans, and Mathematical Literacy to students aged 8 to 19. As a dedicated tutor with experience teaching children of all ages, I aim to empower young minds to reach their full potential. I create a nurturing and inclusive learning environment, tailoring my approach to each student's unique needs. With patience and a passion for education, I instill a love of learning and foster academic growth. I'm committed to shaping tomorrow's leaders through personalized guidance and mentorship.

### 2021 - 2022

#### Fit and Functional Personal Training and Buffalo Rowing Club | Coach/Trainer

Conducted group classes and one-on-one personal training sessions while assisting with administrative tasks.

- Developed strong organizational and time management skills.
- Coached students ranging from grades 7 to university level, demonstrating effective communication and leadership abilities.

### Other Part Time work done

- Admin Clark at Townley Lawfirm
- Barista SurfBrew coffee and co
- Bartender/Waitress at functions such as Horse riding Shows in Makhdna and East London.

## Reference

<b>Sharon</b> Fit and Functional Personal training studio, Company Name   Owner <b>Phone:</b> 082 851 6347 <b>Email:</b> sharon.moulang@gmail.com	<b>Kevin</b> Head tutor, Vincent Extra Lessons <b>Phone:</b> 066 559 8152
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extracurricular activities, and any relevant journalism experience.



### 3. Transcripts:

Attached are my official transcripts from my previous years of study, showcasing my strong academic performance and dedication to my journalism coursework.



CONFIDENTIAL

#### ACADEMIC RECORD

FULL NAME : MS MOULANG, MEGAN DATE: 29/06/23  
STUDENT NUMBER : 22M1499 DATE OF BIRTH: 09/06/02  
Student Bureau Rhodes University PO Box 94 Makhanda 6140 (046) 6038276

Year: 2022  
Programme: BACHELOR OF JOURNALISM (NQF ID number 96548)

Course	Name of course	NQF Lev	Credits earned	%	COMMENT
1101101	English 101	5	15	62	Passed
1101102	English 102	5			Discontinued
1701100	Journalism & Media Studies 1	5	30	70	Passed
2207101	Human Kinetics & Ergon 101	5		43	Supp exam granted
2207101	Human Kinetics & Ergon 101 supp exam	5		43	Failed
2207102	Human Kinetics & Ergon 102	5	15	61	Passed
2701101	Psychology 101	5	15	70	Passed
2701102	Psychology 102	5	15	59	Passed

The above programme has not been completed: academically eligible to continue.

Year: 2023  
Programme: BACHELOR OF JOURNALISM (NQF ID number 96548)

Course	Name of course	NQF Lev	Credits earned	%	COMMENT
1701200	Journalism & Media Studies 2	6			
1807100	isithosa for Journalism	5			
2207201	Human Kinetics & Ergon 201	6	20	50	Passed
2207202	Human Kinetics & Ergon 202	6			
2701201	Psychology 201	6	15	72	Passed
2701202	Psychology 202	6			

The above programme has not been completed: academically eligible to continue.

In terms of rule 2.9.1-1.2 of the Institutional Rules, results are preliminary and subject to final confirmation by Faculty Boards. In the event that errors or omission occur, a student shall not be entitled to any mark so published in error or omission.

The conduct of the student was satisfactory.

Rhodes is an English Medium University.

For Registrar



4. Letters of Recommendation:

I have enclosed letters of recommendation from professors or mentors who can attest to my commitment to journalism and my potential for success in the third-year program.



02 October 2023

To Whom It May Concern

**Letter of Recommendation for Megan-Lee Moulang**

I am Alex De Jongh, editor of the Sports Section for Activate Media for 2023. It is in this role that I have worked extensively with Megan, as she was one of the writers in my section this year.

Ever since Megan joined the Activate Sports Section, she has been enthusiastic and engaged during all the discussions. Even though she started late, in every meeting she attended, she has added value and shared her expertise in the various pitches.

Megan uses her writing talents and knowledge of HKE to masterfully craft a narrative in all her articles. She skilfully backs up her writing with scientific results to create a more credible article and display interest in sports science.

It is for these reasons that I recommend Megan for a spot in the JMS 3 class of 2024. I know her talents and ability will be put to good use as she continues to strive and do her best in her journalistic endeavours.

Yours faithfully,

Alex De Jongh

Activate Media Section Editor for Sport

Website: <https://www.activatemedia.co.za/>

Email: [alexdejongh02@gmail.com](mailto:alexdejongh02@gmail.com)

Cell phone: 0828793769



Fit & Functional Personal Training (Pty) Ltd  
Reg 2007/253795/07

59 Beach road  
Nelsons, East London  
[www.fitandfunctionalstudio.co.za](http://www.fitandfunctionalstudio.co.za)  
[info@fitandfunctionalstudio.co.za](mailto:info@fitandfunctionalstudio.co.za)  
Phone: 082 851 6847

25 September 2023

To whom it may concern

**Reference Letter Miss Megan-Lee Moulang**

This letter serves to confirm that Megan-Lee has been responsible for our continued advertorial articles in the EL Your Home magazine as well as planning and posting on our social media. Over the past year she has been punctual and accurate in her article delivery and her dedication, creativity, and professionalism have consistently impressed me.

Megan-Lee possesses a deep understanding of effective advertising strategies and content creation. She has consistently demonstrated her ability to craft compelling articles that resonate with the target audience. Her keen eye for detail and ability to convey messages clearly and persuasively make her a valuable asset in this field.

In the realm of social media, Megan-Lee excels at developing and executing engaging campaigns. She has a strong grasp of various social media platforms and trends, allowing her to create content that not only captures attention but also drives meaningful engagement. Megan-Lee's analytics-driven approach ensures that her work yields measurable results, which is crucial in today's digital landscape.

Aside from her professional skills, Megan-Lee is a pleasure to work with. She is reliable, adaptable, and always willing to go the extra mile to meet deadlines and exceed expectations. Her ability to collaborate effectively with team members and clients alike makes her a valuable addition to any project.

In conclusion, I have no doubt that Megan-Lee will excel in any role related to advertisement articles and social media. She brings both expertise and passion to her work, and I have every confidence in her ability to deliver outstanding results. I wholeheartedly endorse Megan-Lee for any opportunity in this field and am confident that she will make a positive impact.

Please feel free to reach out to me if you have any further questions or require additional information.

Yours in Personal Fitness

Signature



## CLARENDON HIGH SCHOOL FOR GIRLS

1A Union Avenue, East London, 5201

Postnet 104, Private Bag 29063,  
East London, 5206, South Africa

043 722 6887 (Reception)  
043 743 1663

Fax: 043 722 5308

Email: [secretary.high@clarendonschools.co.za](mailto:secretary.high@clarendonschools.co.za)

Website: [www.clarendonschools.co.za](http://www.clarendonschools.co.za)

20 July 2020

To Whom It May Concern

MEGAN-LEE MOULANG

Megan-Lee is a delightful young woman who takes her work seriously. She listens attentively in class, asks insightful questions, does her work to the best of her ability and is determined to always give of her best.

Megan-Lee has fully involved herself in the life of the school – she is a member of the Student Christian Association, a keen school photographer, a member of the school's Sport's Committee and a very talented and dedicated First Team Rowing and Cross-Country runner. This all-round involvement indicates that she makes the most of the opportunities presented to her and that she is able to manage her time well.

What has always struck me about this young woman is that she is polite to all and that she wishes to understand those around her and their views on life. These are wonderful characteristics, which imply that she will always grow as a person and embrace all that life has to offer.

My best wishes accompany her in her future endeavours.

Yours faithfully

Ms A.E. Smith  
English Teacher  
Head of Academics

