

# Sophia Lau

Non-Union

(213) 534-8628 | [sophialuau@gmail.com](mailto:sophialuau@gmail.com)

Height: 5'4", Weight: 123, Hair: Black, Eyes: Brown, Voice: Alto

## FILM

---

Project Restart	Lead	SFSU Senior Thesis
Moments	Lead	Jonathan Avalos
Cue	Lead	Berkeley DKA
Muffler	Lead	GiANT Productions
Rustic and Authentic	Lead	Berkeley CAP
Go Time	Lead	Berkeley DKA
L is for the way you look at me	Lead	GiANT Productions
Lost and Found	Lead	Mason Heimburger

## COMEDY

---

Improv4Charity – short form improv team at UC Berkeley

Theater4Charity – scripted comedy group at UC Berkeley

## COMMERCIAL

---

Facebook	Chef OCP	Iconoclast
Adidas	Running OCP	Mindcastle
Curology	Skincare OCP	Brennan Freed
Sriracha Ramen	Customer OCP	Jackie Lee

## TRAINING

---

The Meisner Center	2-Year Professional Program	Ranjiv Perera *(in progress)
The Groundlings School	Advanced Improv	Guy Stevenson
The Lee Strasberg Institute	Method 101	MJ Karmi
The Second City	Improv 1	Marshall Givens
American Ballet Theater	NYC Summer Intensive	Julie Kent, Ethan Brown

## AWARDS

---

Groundlings SNL Diversity Scholarship

- Awarded to 3 people/quarter
- Recipients receive 3 classes + 3 hours of coaching for their audition to SNL

## SPECIAL SKILLS

---

Dance (Ballet, Contemporary, Jazz, Tap, Character), Yoga, Gymnastics, Brown Belt in Kung-Fu, Krav Maga, Piano, Guitar, French (*professional fluency*), Russian Accent (Noho Hank from Barry)  
Valid Passport through February 2029