

# Grace Stensland

Sound Designer | Emmy Award Recipient

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[gracestensland.com](http://gracestensland.com) • [IMDb](https://www.imdb.com/name/nm1031111/) | [LinkedIn](https://www.linkedin.com/in/gracestensland/)

## PROFESSIONAL SUMMARY

**Skilled storyteller keenly attuned to sensory details and surroundings.** Adept at thoughtfully transforming observations into impactful artistic experiences; specializing in sound design and audio engineering.

**An enthusiastic explorer** always eager to experience new places, challenges and people.

**Resourceful, positive and engaging** professional known as a champion of both individuals and teams.

Sound Design  
Sound Effects Editing  
Foley Editing

Field Recording  
Universal Category System  
SFX Library Curation

Social Media  
Client Relationship Management  
Project Management

## TECHNICAL SKILLS

Pro Tools | Logic Pro | Wwise | iZotope RX | Soundminer | Radium | Avid Consoles | MIDI | Synthesizers  
Universal Category System

Digital Pigeon | Slack | MASV | Asana | Monday | Box | Dropbox | Google Applications | Microsoft Office

## AWARDS

**2025 Emmy Award** - *Orion and the Dark* - Sound Editor

**2025 MPSE Golden Reel Nomination** - *Orion and the Dark* - Sound Effects Editor

**2025 MPSE Golden Reel Nomination** - *Jurassic World: Chaos Theory* - Foley Editor

## EXPERIENCE

### Sound Rebels, Burbank, CA

Sound Designer, Sound Effects Editor

Jan 2023 – present

Foley Editor, Post-Production Sound Intern

Jun 2022 – Aug 2022

Serve as right-hand to the Supervising Sound Editor at a studio focused on animated television and reality TV

- Build sound effects sessions, premixes, preps FX sessions for delivery to the mix stage and creates deliverables
- Establish and maintains all Sound Rebels editorial department templates
- Supervise foley editorial with tasks including creating foley spot notes, coordinating record days with contracted teams, calling out pick-ups, communicating workflow notes, and delegating assignments to junior editors
- Edited and designed sound effects for 7 TV series, 1 feature film, and 2 short films
- Completed 250+ episodes of sound effects and foley editorial, and ambience design

### SFX Libraries

- Field record custom props, textures, ambiences and reference material
- Create show-specific sound asset libraries to maximize editorial efficiency
- Lead the in-house conversion of sound libraries to the Universal Category System

### Client-Facing

- Serve as a client-to-studio liaison for asset, picture and session reception and delivery
- Manage @soundrebelspost social media accounts, expanding outreach and engagement by over 114%
- Organize and prepare specialty or homemade craft services for clients' final mix celebrations

### Girls Rock! Rochester, Rochester, NY

Audio Technician and Videographer

Jun 2021 – Aug 2021

Interned at a non-profit music camp for girls and gender-expansive youth aged 5-17 years old

### Video Producing

- Planned, storyboarded and executed video production for the 10th Annual GR!R Showcase (TRT: 58 minutes)
- Captured and edited high quality video and audio for 5 music videos, 8 highlight montages and 5 interviews
- Designed and animated transitional and informative graphics with Adobe Premiere and Canva
- Accurately transcribed audio content and added precise closed captions to guarantee accessibility

### Sound Recording

- Managed set-up of all instruments, effects pedals, amplifiers, cables, and microphones
- Operated live sound during daily rock band rehearsals
- Recorded demos for 4 bands alongside audio engineers from Geneva Sound Factory

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## Promotional Content

- Conceptualized, wrote and performed voice-over, photographed and edited a 1-minute-stop motion video, including frame-by-frame adjustments and synchronization with sound and music
- Designed social media posts and video content for Instagram Reels and TV, Facebook and TikTok to promote the “10k for 10 Years” fundraising campaign

## EDUCATION

### **University of Rochester Rochester, NY**

*B.A., Film and Media Studies, Magna Cum Laude - December 2022*

Minor in Audio and Music Engineering - Recording and Sound Design (50%+ coursework)

- Teaching Assistant for Sound Design and Audio for Visual Media courses
- Audio Engineering Society, Undergraduate Film Council's Audio Specialist