

EDUCATION

- 2026 Master of Fine Arts in Studio Art, University of Connecticut, Storrs, Connecticut,
Graduate Certificate in College Instruction
- 2023 Bachelor of Arts in Art History, Minors in Southern Studies and Outdoor Adventure Education/
Experiential Education, University of North Carolina Charlotte, Charlotte, North Carolina

SOLO, TWO, OR THREE PERSON EXHIBITIONS

(* indicates a solo)

- 2026 Forthcoming solo exhibition at Gadsden Museum of Art, Gadsden, Alabama.*
- 2025 *Muscle Memory* - with Rebecca Pempek at 82Parris, Portland, ME
If / Only / And / Then - Anonymous Society Gallery, Redding, Conn.
- 2023 *The Woman Who Wasn't Drowning*. Solo exhibition at UNCC, Student Union Gallery.*
- 2022 *Bodies of Work* - with Carolyn DeMerritt and Pink/MM Bass. Eastern Shore Center for Art,
Fairhope, AL.
- 2021 *On Being: Maiden, Mother, Crone*. with Tonya Hughes and Pinky/MM Bass. The Walnut
Gallery, Gadsden, AL

SELECTED GROUP EXHIBITIONS

- 2025 *HILL BLOCKS VIEW* - Creative Arts Workshop, New Haven, Conn.
Sovereign: Honoring Bodily Autonomy - McColl Center, Charlotte, NC
The Space We Make - Alexey von Schlippe Gallery, Groton, Conn.
- 2024 *For Carrying* - Arena Gallery, University of Connecticut, Storrs, Conn.
These Things Can Be Complicated - Arena Gallery, University of Connecticut, Storrs, Conn.
Big Top - Dumbo Open Studios, Brooklyn, NY.,
Partial Company - Alexey von Schlippe Gallery, Groton, Conn.,
- 2023 *Think of a Door* - Arena Gallery, University of Connecticut, Storrs, Conn.
She Waits. Seething. Blooming - Arena Gallery, University of Connecticut, Storrs, Conn.
- 2022 *Nutrient Rich* - Good Year Arts, Charlotte, NC
- 2021 *Novant Student Show*. UNCC student exhibition at the Novant Medical Center Charlotte, NC
- 2020 *Tone*. Cabarrus Arts Council in Concord, NC (Curated by Laurie Schorr)

- 2019 *Women by Women*. SE Center for Photography in Greenville, SC (Juried by Kat Keirman)
Summer Blues. Goodyear Arts in Charlotte, North Carolina (Curated by Hamilton Ward)
Light Factory Member Show, Charlotte, NC
- 2018 *An Alternative Perspective*. Group exhibition at C3 Lab Gallery located in Charlotte, NC
Light Factory Member Show, Charlotte, NC

SELECTED SPECIAL PROJECTS AND AWARDS

- 2025 Shortlisted for NYPL Picture Collection Artist Fellowship
 Nominated for Edward Victor Gant Scholarship at UConn
 Nominated for Outstanding Graduate/Teaching Assistant Award at UConn
 Awarded UConn Graduate School Conference/Residency Participation Award
- 2024 Finalist for the Edward Victor Gant Scholarship at UConn
 Nominated for Student Employee of the Year UConn
- 2023 Graduated Summa Cum Laude at University of North Carolina Charlotte
- 2022 Outstanding Art History Senior Award from UNCC Art and Art History Department
- 2021 Photography commissioned for Carolina Premium Beverage Distribution Center
- 2019 Recipient of Charlotte's Art's and Science Council 2019 CSA Grant
- 2018 First place winner of The Light Factory's Member Show

RESIDENCIES

- 2025 Elf School of the Arts, Hayesville, NC - January AIR
- 2020 Hemlock House Residency, Western NC - October AIR
- 2019 Winter Residency at Penland School of Craft, Spruce Pine, NC - January AIR

CURATORIAL WORK

- 2025 Curator for *The Space We Make* at Alexey von Schlippe Gallery, Groton, Conn.,

GUEST SPEAKER/PRESENTATIONS

- 2026 *(forthcoming presentation)*, Society For Photographic Education, Atlanta, GA
- 2025 Artist Talk, Anonymous Society Gallery, Redding, CT
 Selected Participant, Graduate Student Research Symposium, UConn, Storrs, CT
- 2024 Artist Talk, Mattatuck Museum, Waterbury, CT
 Guest Lecture about Judy Chicago, Mattatuck Museum, Waterbury, CT
 Panelist at Mooresville Arts Talk, Mooresville, NC
 Guest Lecture for Two Sections of Politics of Reproduction Class at UConn
- 2023 Artist Talk for ART2420: Intermediate Photography Fall 2023 at UConn
- 2021 Featured Student Speaker at 10th Annual UNCC Art and Art History Symposium
 Artist Conversation for On Being: Maiden, Mother, Crone
- 2020 Artist Talk, The Light Factory, Charlotte, NC
- 2019 Artist Talk at Charlotte's Art's and Science Council CSA Grant Reception

PUBLICATIONS

- 2025 Lens Scratch - *Photographers on Photographers: Lydia McNiff in conversation with Sonja Langford*
 Redding Sentinel - *Anonymous Society show examines "moments that define us"*
- 2024 Lens Scratch - *Sonja Langford: The Way of Being a Woman*
 Two Coats of Paint - "Big Top" DUMBO Open Studios
- 2023 Two Coats of Paint - *Meet UConn's MFA Studio Art Class of 2026*

Hyperallergic - *Meet UConn's MFA Studio Art Class of 2026*
Niner Times - *Humans of Charlotte Feature*
2022 Gulf Coast Media - *Bodies of Work*
2021 Featured Photographer in NSEW Photography Magazine

TEACHING EXPERIENCES

Facilitator & Curriculum Designer, Leadership Workshop Series, UConn, 2024-Current
Instructor of Record for Intermediate Photography (Analog), UConn, Fall 2025
Teaching Assistant for Basic Photography (Digital), UConn, Spring 2024
Teaching Assistant for Intermediate Photography (Analog), UConn, Fall 2023
Facilitator, Four Arrows Challenge Course, UConn, 2023-2024
Facilitator, Venture Challenge Course, UNC Charlotte, 2022-2023
Cyanotype Workshop at Hemlock House Residency, Western NC, 2020

PROFESSIONAL EXPERIENCES

Graduate Assistant, CounterProof Press, University of Connecticut, 2024 – 2025
Graduate Assistant, Contemporary Art Galleries, University of Connecticut, 2024 – 2025
Graduate Assistant, Digital Arts Services Lab & Darkroom, University of Connecticut, 2023 – 2024
President, Society of Art Historians at UNCC
Lab Assistant for UNC Charlotte Darkroom, Fall 2022
Teacher Assistant for Camera and Light (Large Format Darkroom Class), Fall 2022
Assisted Sonia Handelman Meyer in archiving personal collection and archives. 2021-2022
Gallery Assistant, Light Factory, Charlotte, North Carolina, 2019

Her work is held in the Archive & Special Collections at the University of Connecticut, Storrs, Connecticut as well as in numerous private collections throughout the United States.