



East Park Terrace
Southampton
SO14 0YN
UK
Tel: +44(0)23 8201 3000
www.solent.ac.uk

BA (HONS) FILM AND TELEVISION

"Telling stories is our way of coping, a way of creating shape out of a mess. It binds everyone together"
- Sarah Polley

We're so excited you're joining us this September to study Film and TV at Southampton Solent University! Before you jump in, we've put together a few things to get your creative brain ticking over the summer. Think of this as your pre-course toolkit designed to get you inspired, switched on, and ready for what's to come.

Preparation for the first year

1. Watch loads of stuff

Not just your usual comfort shows, but things that push boundaries and challenge your perspective. Explore different genres, cultures, and voices. Seek out films and series that provoke, unsettle, or inspire. If it makes you think or feel something unexpected, you're on the right track. If you're not sure where to begin, we've dropped a whole bunch of recommendations below to get you started.

2. Think critically about what you're watching

Don't just consume — question. What's the story really about? How is it told? What's the message, and do you agree with it? Let what you watch spark ideas, arguments, and emotions.

3. Stay curious

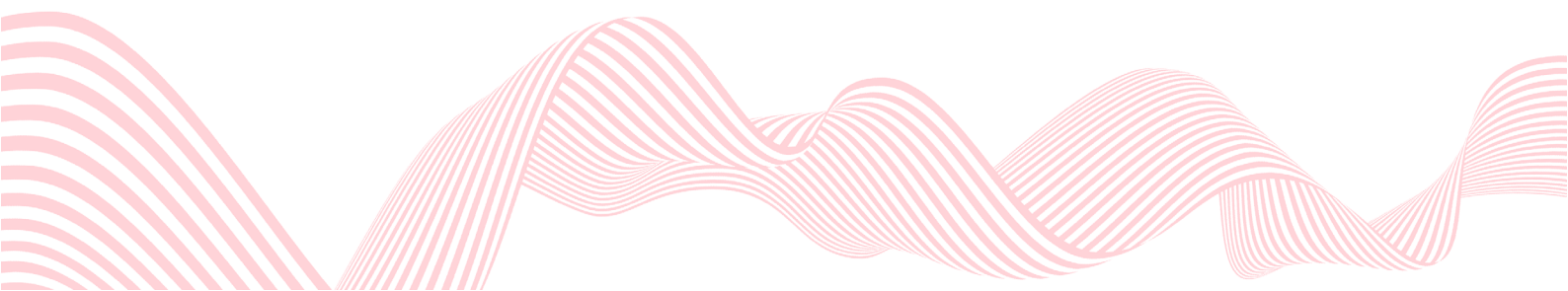
Great storytellers are curious people. So, engage with the world around you:

- Read or watch the news
- Keep up with current affairs
- Subscribe to daily news updates
- Use a notes app or journal to jot down story ideas, quotes, random thoughts, images, or conversations that catch your attention

That quick scribble or late-night thought could be the start of your next script, short film, or research project.

4. Make something small

Shoot a 30-second video on your phone. It doesn't need to be good, it just needs to exist. Think about what you chose to point the camera at, and why. We'll ask you about it during welcome week.





East Park Terrace
Southampton
SO14 0YN
UK
Tel: +44(0)23 8201 3000
www.solent.ac.uk

Film and Television to get you started

CRIME

- *Beef* (2023)
- *Yellowjackets* (2021-)
- *Baby Reindeer* (2024)
- *True Detective* (2014-)
- *Killing Eve* (2018-2022)
-

ROMANCE

- *Past Lives* (2023)
- *Normal People* (2020)
- *Call Me by Your Name* (2017)
- *The Apartment* (1960)
- *Love, Simon* (2018)

SCI FI

- *Black Mirror* (2011-)
- *Severance* (2022-)
- *Everything Everywhere All at Once* (2022)
- *The Last of Us* (2023-)
- *Dark* (2017-2020)

ANIMATION

- *Arcane* (2021-)
- *Spider-Man: Across the Spider-Verse* (2023)
- *Blue Eye Samurai* (2023-)
- *BoJack Horseman* (2014-2020)
- *Spirited Away* (2001)

REALITY TV

- *Love Island* (2015-)
- *The Traitors* (2022-)
- *RuPaul's Drag Race* (2009-)
- *The Circle* (2020-)
- *Love Is Blind* (2020-)

HORROR

- *Talk to Me* (2022)
- *Get Out* (2017)
- *Pearl* (2022)
- *The Babadook* (2014)
- *Black Swan* (2010)

THRILLERS

- *Parasite* (2019)
- *Gone Girl* (2014)
- *Oldboy* (2003)
- *Saltburn* (2023)
- *Memento* (2000)

COMEDY

- *Fleabag* (2016-2019)
- *Abbott Elementary* (2021-)
- *Russian Doll* (2019-)
- *I May Destroy You* (2020)
- *Pure* (2019-)
- *Curb Your Enthusiasm* (2000-)



East Park Terrace
Southampton
SO14 0YN
UK
Tel: +44(0)23 8201 3000
www.solent.ac.uk

HISTORICAL DRAMA

- *Oppenheimer* (2023)
- *Shōgun* (2024-)
- *Peaky Blinders* (2013-2022)
- *Dunkirk* (2017)
- *Killers of the Flower Moon* (2023)

DOCUMENTARY

- *The Rehearsal* (2022-)
- *Tiger King* (2020)
- *Navalny* (2022)
- *Making a Murderer* (2015-2018)
- *The Social Dilemma* (2020)
- *The Imposter* (2012)

Light reading

You don't need to read all of these before you arrive in September, so don't worry. But if you're curious, or just want to get a feel for the subject, these are great to dip into over the summer.

Understanding Film and Television

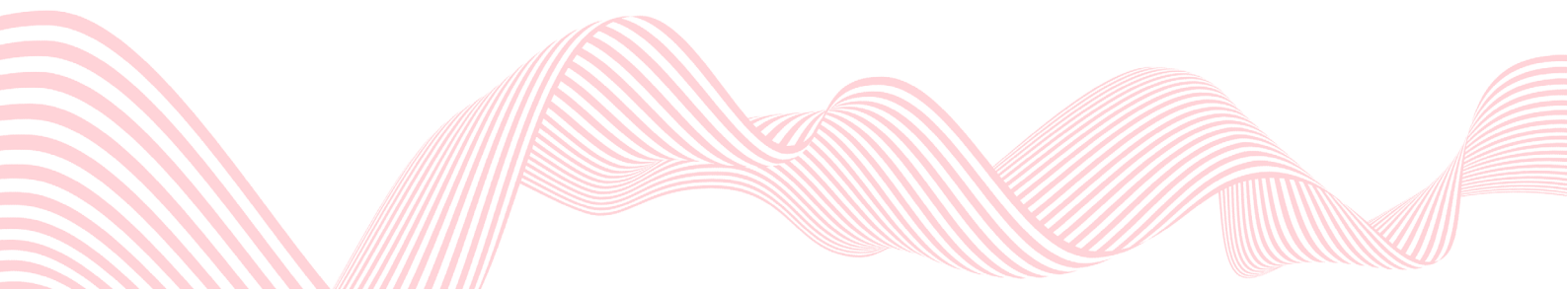
These books help you get to grips with the basics of how film and television create meaning, and give you some of the key terms and ideas we'll use on the course.

- *Film: A Critical Introduction* – Maria Pramaggiore and Tom Wallis (4th edition, 2020). A clear guide to how films create meaning, covering narrative, cinematography, editing, and sound.
- *An Introduction to Television Studies* – Jonathan Bignell and Faye Woods (4th edition). A useful overview of how television works today, including streaming, audiences, representation, and the wider industry.

Making Things

These are especially useful if you're interested in how films and television programmes are made, and in the creative choices behind storytelling and editing.

- *In the Blink of an Eye* – Walter Murch. A short, very readable book on editing. Murch's key idea is that emotion matters more than technical perfection, which is a useful mindset across all filmmaking.
- *Story: Substance, Structure, Style and the Principles of Screenwriting* – Robert McKee. A well-known book on storytelling and structure. You don't need to read it all at once, but it's one you'll return to during the course.
- *Rebel Without a Crew* – Robert Rodriguez. A fun, honest account of making a film on a tiny budget. It's part diary, part practical advice, and a good reminder that you don't need much to get started.





East Park Terrace
Southampton
SO14 0YN
UK
Tel: +44(0)23 8201 3000
www.solent.ac.uk

The Industry

This section is useful if you want to understand how television gets made in practice, and how creative decisions are shaped by the wider industry.

- *The New Television Handbook* – Jonathan Bignell, Jeremy Orlebar and Patricia Holland (5th edition). A helpful introduction to how television is made, from commissioning through to post-production.

These are all books you'll find yourself coming back to at different points during the degree.

Free resources we rate

There's loads of great content online — smart, thoughtful, and free. These are brilliant for expanding your critical thinking and seeing what's happening in film and TV studies right now.

Watch

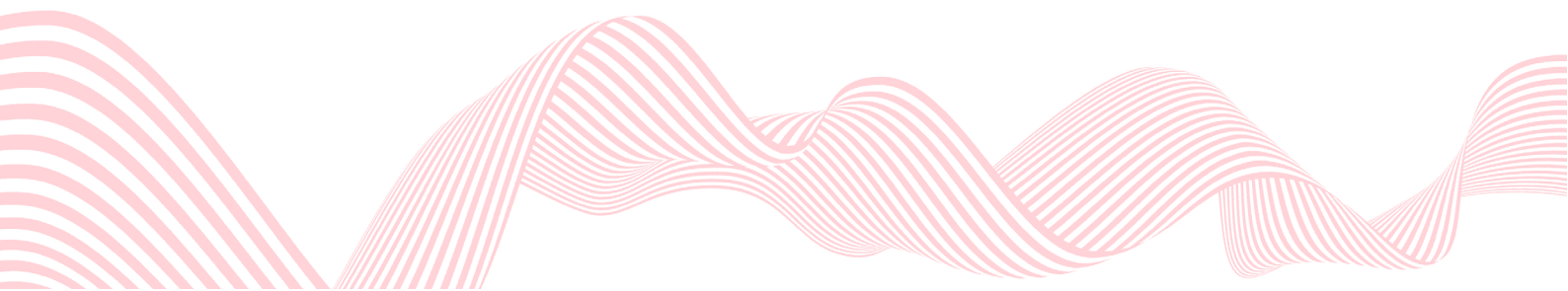
- [Every Frame A Painting](#)
- [Lessons from the Screenplay](#)
- [Folding Ideas](#)
- [Thomas Flight](#)
- [Like Stories of Old](#)

Listen

- [Scriptnotes](#) — screenwriters John August and Craig Mazin on the craft and business of writing for film and TV
- [No Film School](#) — practical filmmaking from an indie perspective, with articles, videos and podcast episodes

Read (academic)

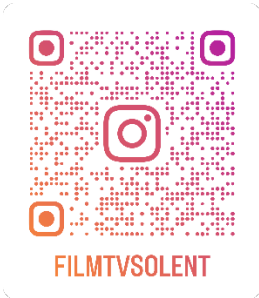
- [Critical Studies in Television](#)
- [Flow](#)
- [in media res](#)





East Park Terrace
Southampton
SO14 0YN
UK
Tel: +44(0)23 8201 3000
www.solent.ac.uk

Let's stay connected



Got a question? Want to say hi? Join our official Instagram page!

We look forward to welcoming you in September

Stuart

Stuart Joy – Course Leader | E: stuart.joy@solent.ac.uk

