



SABRINA CARPENTER



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The word 'starlet' has been frequently used to describe 18-year-old Sabrina Carpenter. However, after sitting down and speaking with the multi-faceted American singer, songwriter, and actress, it's safe to say that's an understatement. Having sold out shows internationally in countries such as Japan, Sweden, and Norway, her music is resonating with hearts all over the world and is a testament to her talent, wisdom, and maturity at such a young age.

When people become famous, everything moves fast and it can be extremely difficult to handle, especially when you're young. So, it's imperative to have a coping mechanism, a support system, which are usually the people that bring you back down to earth and know you for who you are when the shows over. For Sabrina, her family is pivotal in keeping her grounded. "I think those are some of the most important people to have around because they were with you before you did anything. I think it's funny that people can actually treat you differently after you get a job, I think it's strange, but my family is most definitely not phased by it and that's what great, because I can come home at the end of the day and I can be around the people that know me for being annoying or angry, and just know me for who I really am, nothing is scripted. Everything is just so authentic, real and unfiltered, so it's nice to have those people that you can be unfiltered with."

Looking at what Sabrina has achieved already is astounding, and is a result of her relentless work ethic. However, it's easy to forget that she's still a teenager, and is a regular human being who needs time to relax as well. She admits to finding herself susceptible of forgetting the importance of having downtime to herself. "I do it to myself in a lot of ways, because sometimes I forget that I'm just a teenager. I always remember that I'm a regular human being, only because I'm so strange (laughs), but the hardest thing for me is that I forget how old I am, because I'm a workaholic and I love to push myself, challenge myself, and I'm someone who really just wants to be able to be at six places at once, then when I realise that I can't I get really frustrated, but that's how I've always been, so I

think that it's just about being able to cope with that and work around that."

However, age can just be a number as wisdom comes with experience, and Sabrina is a perfect example of this. She appears to be one of the most mature and composed 18-year-olds I've ever met and credits a lot of that to her experiences growing up. "It's interesting because I think I started home schooling in the fourth grade and I was always around older people because I had older sisters, so I was the baby of my family. But, because I was home schooled I was constantly around my sisters' friends, and then I got my first job when I was 11 years old, so I was around adults from that day on and I honestly felt more comfortable talking to adults than I did with kids my own age, and that was always something I personally found interesting about myself."

"So, I don't know, I think I have always had that kind of personality where people would say to me, 'oh, you're an old soul', that's what all the senior citizens told me when I was like eight years old, and I was only a little girl! But those people that have lived an entire life can genuinely see certain things in you that you don't even notice yourself."

There are many experiences in life that help you grow and become more open as an individual, and travelling is certainly one of the biggest and best experiences that expand your horizons. This was evident when speaking to Sabrina about her international shows, as she directly experienced the massive support she has in countries such as Sweden, Norway and Japan. "It's so incredible because every place has such a different culture and way that they digest, appreciate, and celebrate music, so being able to perform in those places and see those fans that I don't get to see often as my US fans, makes me realise how loving and passionate they are."

"When I was younger and I knew that one of my favourite artists were coming to Philly, I'd get so excited because most of the time they were in Hollywood and I didn't know how to get to Hollywood, so I think of it like that, and the experience of being able to get to know them, perform new songs to them still astonishes me in a way which I'm not used to yet, so I can't wait to do more shows. I

was recently in Japan doing my first ever headline shows there, and it was amazing how passionate and welcoming they were, they sang every word, I really love them."

When I asked Sabrina about what inspires her ideas when she song writes, she made it clear that the organic nature of writing is fundamental to a great song: "There is really no structure, that's just what I've learned from songwriting over the years. Every song comes about in a different way."

And what about love? There are many people that may wonder how one so young can know so much about a topic with so much depth and emotion that she couldn't possibly have experienced, yet somehow create music that resonates with so many and helps people through their own situations. "I always say that if you're writing and it makes you feel something, whether that feeling is excitement or it makes you feel nostalgic, it could be any sort of feeling at all, then there's a connection there and I think that connection translates into the song and into the music," she says. "When it connects to you, it usually has the ability to connect with others and I think that at times it is simple, and sometimes it's complex, but I think either way there have been many times where I've haven't thought about it and have just written what feels right, and people react by telling me how meaningful the song is to them."

If there's one thing you should know about Sabrina, it's that she absolutely adores Rihanna. So, when I asked her who her dream collaboration on a love song would be, I made sure to let her know RiRi was not an option. "This is so hard! You know what though, right now in my life I'd say, Daniel Caesar because a love song with him would be so beautiful. His voice is like a glazed doughnut, his songs have pure emotion and genuinely sound like love, he's amazing." Now, I doubt that collaboration is happening anytime soon, but what Sabrina did tell me is that her next album, which should be titled 'SC3', will be coming soon. "I've been writing it for over a year now, and there will be features, but I can't give you a date, but the beginning of the process is coming soon. I hope to come back to London to tour soon as well, when I toured with The Vamps, everyone was so good to me, so I can't wait to come and perform again."