

## Nature-Based & Mindfulness Educator

### EDUCATION

#### University of New England, Biddeford ME

[www.une.edu](http://www.une.edu)

Masters in Science Education (MSEd)

Completion Feb 2019

Graduate Secondary Science Education Teaching Certificate (7-12)

Certification Completion Dec 2016

#### University of Massachusetts, Lowell, MA

[www.uml.edu](http://www.uml.edu)

Bachelor of Science, Environmental Science, Biology Concentration

Graduated Dec 2013

### PROFESSIONAL HISTORY

#### Taking Root, LLC

[takingrooteducation.com](http://takingrooteducation.com)

Founder and Owner

January 2022– current

- o Nature- Based Education and Social Emotional Wellness enrichment program centered around nature, mindfulness & community.
- o Build resilience in the areas of self-confidence, body awareness, self-regulation, self-control, regulate nervous system & reduce stress and anxiety. Session activities include breathing exercises, meditations, and movement such as yoga and nature walks outside receiving the natural benefits nature has to offer.
- o Taking Root serves children, teens, adults and programs to schools.

#### Virtual Learning Academy Charter School (VLACS)

[vlacs.org](http://vlacs.org)

Middle School 6,7,8 & High School Science & Enrichment Educator

November 2021– current

- o Virtually instruct ~100 students to follow a competency based science and yoga and mindfulness and outdoor exploration curriculum based on each of their individual needs
- o Flexibility to think beyond the traditional constraints of school to create meaningful, relevant experiences for each individual student
- o Provides excellent customer service connecting with families and students weekly and monthly depending on students individual needs

#### Portsmouth Middle School

[cityofportsmouth.com/schools](http://cityofportsmouth.com/schools)

Middle School Extended School Year Teacher

July 2017 – July 2022

- o Implemented Project Based Learning (PBL) focusing on skills such as critical thinking, communication, research and collaboration.
- o Work cooperatively between subject grade counterpart and middle school science grade levels implementing Next Generation Science Standards (NGSS)
- o Part of PLC group creating Curriculum Map for 6,7,8, sciences to identify Disciplinary Core ideas that are spiraling and taught in a specific sequence
- o Implemented differentiated instruction to middle school students to enhance their individual learning
- o Wrote and was awarded a grant for an Outdoor Learning Classroom at the middle school in 2019

#### Half Moon Yoga Camp, LLC

Co-Owner/Instructor

January 2019– current

- o Apart of the team that helped open the studio Athletic vinyasa flow classes offered to all levels. Restorative class offered to all levels allowing students access to deep connective tissue stretches.

#### The Yoga Parlor

[theyogaparlor.com](http://theyogaparlor.com)

Yoga Instructor

July 2020 – current

- o Apart of the team that helped open the studio Athletic vinyasa flow classes offered to all levels. Restorative class offered to all levels allowing students access to deep connective tissue stretches.

**Shapleigh Middle School****[shapleigh.kitteryschools.com](http://shapleigh.kitteryschools.com)**8<sup>th</sup> Grade Long-Term Substitution Mathematics Teacher

February 2017 – June 2017

- o Prepared and implemented remedial programs designed to increase students' math and science abilities
- o Experience with Proficiency Based Learning (PBL) program in conjunction with common core standards

**Shapleigh Middle School****[shapleigh.kitteryschools.com](http://shapleigh.kitteryschools.com)**8<sup>th</sup> Grade Long-Term Substitution Mathematics Teacher

February 2017 – June 2017

- o Prepared and implemented remedial programs designed to increase students' math and science abilities
- o Experience with Proficiency Based Learning (PBL) program in conjunction with common core standards
- o Created formative and summative assessments complementary to student learning objectives

**Marshwood Middle School****[www.rsu35.org](http://www.rsu35.org)**7<sup>th</sup> Grade Long-Term Substitution Social Studies Teacher

December 2016 – February 2017

- o Created daily lesson plans and provided rigorous instructional strategies to students
- o Prepared, administered, and graded projects, tests, and assignments to evaluate students' progress
- o Effective participant in 504, IEP, team and staff meetings, and parent/teacher conferences

**Marshwood Middle School****[www.rsu35.org](http://www.rsu35.org)**7<sup>th</sup> Grade Science Student Teacher

August 2016 – December 2016

- o 15-Week student teaching period, collaborated with master teaching mentor
- o Created a rigorous unit plan for 3-week solo teaching. Lessons engaged students in scientific discussion, critical thinking, problem solving, and collaborative learning
- o Implemented various literacy techniques in order to integrate multiple common core standards
- o Explored use of technology within the classroom to implement diverse instructional strategies
- o Group leader of an interdisciplinary field trip, coached students into becoming effective self-learners
- o Attended and contributed to 504, IEP, Science Team, Staff meetings, and Parent/Teacher conferences.
- o Designed curriculum along with fellow 7<sup>th</sup> grade science educators incorporating NGSS

**Seacoast Science Center Rye, NH****[www.seacoastsciencecenter.org](http://www.seacoastsciencecenter.org)**

Naturalist/Camp Counselor

May 2016 – May 2017

- o Created daily lessons with co-counselor based uniquely on a weekly focus topic
- o Focused topics include, outdoor exploration which include, ecology of intertidal species, forest ecology, global climate change, natural and historic resources of Odiorne Point State Park and the Gulf of Maine
- o Lessons are extremely hands-on and collaborative activities, allowing all children to gain skills that positively impact their well-being and educational development.
- o Plant Expert at annual Bioblitz (2017 and 2022)

**LEC Environmental Consultants, Inc.- Wakefield, MA****[www.lecenvironmental.com](http://www.lecenvironmental.com)**

Wetland Specialist

September 2014 – December 2016

- o Provided identification, characterization, and demarcation of wetland resource areas, wildlife evaluations, and monitoring success and viability of remediated wetlands throughout New England
- o Direct field experience conducting surveys for Eastern Box Turtle (*Terrapene carolina*) and Wood Turtle (*Glyptemys insculpta*) following Natural Heritage-approved protocols.
- o Prepared and submitted environmental permit applications following federal, state, and local statutes.

**DeRosa Environmental Consulting – Ipswich, MA****[www.derosaenvironmental.com](http://www.derosaenvironmental.com)**

Field Technician

March 2012 - Aug 2012 and May 2013 – Aug 2013 (PT)

- o Provided identification, characterization, demarcation of wetland resource areas, wetland restoration and mitigation, environmental permitting, and hazardous waste investigation.

**University of New Hampshire (UNH) – Motuihe Island, New Zealand****[www.ecoquest.unh.edu](http://www.ecoquest.unh.edu)**

Directed Research Project

Aug 2012- Dec 2012

- o Field Study Program in cooperation with the UNH's Eco-Quest Education Foundation
- o Conducted a research project monitoring the translocation of New Zealand native lizard species

- Research provided to the New Zealand Department of Conservation to be used for on-going government ecological monitoring and research

## CONTINUING EDUCATION COURSES/ SEMINARS

### **Youth Mental Health First Aid**

- University of New Hampshire (2022)

### **Wilderness First Aid**

- School of First Aid (2022)

### **Yoga for Youth and Trauma**

- 3Bridges Yoga (2021)

### **Great Bay Discovery Center, National Estuarine Research Program, Field Based Training**

- Teachers on the Estuary (2021)

### **American Heart Association**

- Heartsaver First Aid CPR AED (2021)

### **Suicide Prevention**

- Suicide Prevention Training (Yearly)

### **Unstoppable Baptise Yoga for Youth & Trauma**

- Soulfire Power Yoga (2019)

### **200 Hour Yoga Teacher Training**

- Soulfire Power Yoga (2017)

### **Unpacking Next Generation Science Standards for Effective Science Education & Assessment (Grades 6-12)**

- University of New Hampshire (2017)

### **Project Learning Tree and Project Wild**

- Early childhood Project Learning Tree and Growing Up Wild (2015)

### **Society of Wetland Scientists (SWS)**

- Coastal Vernal Pool Workshop (2014)
- Upland and Wetland Flora Course (2014)

### **Massachusetts Association of Conservation Commissions (MACC)**

- Wetland Delineation Course in Bordering Vegetated Wetlands (2014)

### **New Hampshire Association of Natural Resource Scientists (NHANRS)**

- Grasses of the Northeast (2014)
- Winter Botany Workshop (2014)

### **Hillsborough County Conservation District**

- Soil Survey Workshop (2015)

### **Massachusetts Audubon**

- Restoration Workshop for Professionals, Part of the Spadefoot Toad Restoration Project (2015)

### **Core areas of experience:**

- |                                  |  |
|----------------------------------|--|
| ○ Mindfulness Education          | ○ MS Office Software                           |
| ○ Environmental Education        | ○ Knowledge of latest instructional techniques |
| ○ Yoga Instruction               | ○ 21 <sup>st</sup> Century Skills              |
| ○ Wilderness First Aid           | ○ Curriculum Design                            |
| ○ Life Science Education         | ○ Classroom Management                         |
| ○ Team Player/ Communication     | ○ Wetland and Upland Species Identification    |
| ○ Presentation Skills            | ○ Environmental Permitting                     |
| ○ Proficient Organization Skills | ○ Data Analysis/Report Generation              |