

education

Wesleyan University, Psychology & Anthropology Middletown, CT Expected Graduation: Dec 2012

Antioch Education Abroad, Buddhist Studies in India Bodhgaya, India Fall Semester, 2011
Program

work experience

Program Assistant, Cornish College of the Arts: Summer Programs. June 2011 – Aug 2011
Served as a mentor, activity leader, resident advisor, and programming coordinator for 50+ High School students (ages 14-18) attending Cornish's pre-college programs, visual and performing arts program. Seattle, WA

Circulation Desk, Wesleyan University's Olin Library. Assist library patrons with general issues, charge out/discharge books, answer phones. Jan 2011 – present
Middletown, CT

Research Assistant, Child Development Tutorial (Psychology). Assisted Professor with research project on child development / social and racial prejudice. Worked in a lab setting and in elementary schools with children (ages 4-6), coded and evaluated psychological data from these interactions. Jan 2011 – May 2011
Middletown, CT

Student Worker, Wesleyan University's Office of Admission. Assisted deans in compiling application packets, filing, and other clerical tasks. Dec 2010 – Jan 2011
Middletown, CT

Co-manager & Zumba Instructor (Licensed), WesWell Fitness Collective. Manage exercise classes taught by and for the Wesleyan University community; teach fitness classes to students and staff Sept 2011 – present
Middletown, CT

Undergraduate Research Assistant, B-Tech Research, Inc. Assisted with clinical- Nov 2009 – Jan 2010
psychological research into efficacy of DBT (Dialectical-Behavior Therapy), a third-wave therapy grounded in mindfulness models. Seattle, WA

Peer Leader, Friends of Youth (NPO). Served on the Street Outreach Team catering to the homeless youth of Seattle's Eastside. Reached out to homeless youth through canvassing, frequenting urban spaces, and building rapport with individuals in need (ages 12-24); provided food, clothing, resource referrals, and transportation in company the van. May 2008 – Aug 2008
Bellevue, WA

community involvement

Co-manager & Zumba Instructor (Licensed), WesWell Fitness Collective. Manage exercise classes taught by and for the Wesleyan University community; teach fitness classes to students and staff. Sept 2010 – Present
Middletown, CT

Co-choreographer and dancer, "Shifting Rifts." Collaborated and performed in a senior dance thesis, an active confrontation (through movement and dialogue) of structural inequalities in the U.S. educational system and its public schools. Jan 2010 – May 2010
Middletown, CT

Phone Worker at TeenLink (of CrisisClinic Seattle) (NPO) . Answer the phones at a teen help-line and active listening service for young adults (ages 12-20). Trained to work with sensitive populations (suicidal, etc.) and provide them with compassionate and patient assistance.

May 2007 – Present
Seattle, WA

KUOW's Weekday High Program. Interned at Seattle's NPR-affiliate. Learned techniques & theory of radio journalism. Produced final piece, which aired on *Morning Edition*. (Title: Native)

May 2005 – Present
Seattle, WA

Academic Tutor Garfield High School. Latin and mathematics.

Dec 2006 – 2008
Seattle, WA

interests

Ethnographic fieldwork, meditation, making art, teaching & pedagogy, dance, visual art, photography, South Asian religion and culture, coffee and social justice.

Wesleyan University Summer Experience Grant

Application Revision

1. Please provide a brief overview of the organization for which you will intern or program/project you are developing.

Rangjung Yeshe Gomde is a Meditation and Retreat Center located in Mendocino County in Northern California. The Retreat center was founded in 1998 as part of the mass establishment of Tibetan Buddhist meditation masters who have set up centers in the United States. Chokyi Nyima Rinpoche, who is considered internationally to be one of the foremost meditation masters of our time, founded this particular center.

The center operates almost exclusively during the summer time and attracts large numbers of both local, national, and international consumers. Their summer programming includes meditation instruction and workshops led by psychologists and meditation teachers from North America and abroad. The center also provides land rentals for meditation retreats, providing customers with an affordable retreat space and experience.

2. Briefly provide details of the internship or experience, including responsibilities and tasks.

The Kumara Summer Interns are responsible for assisting the staff of Gomde in all phases of implementation of these various programs. Responsibilities range from kitchen staffing, housekeeping, landscaping and gardening, and building maintenance to administrative tasks, depending on the specialties of the intern. I will be working on the administrative and programming end of things during the summer. I will be using my knowledge of photography to shoot for their website, as well as editing all photographs used on the webpage using Photoshop and Adobe Bridge software, figuring as a key role in the design and publishing of the center's webpage. Along with the other interns, I will also be helping to plan and facilitate the various programs that will go on, and a crash course in managing a retreat center for lay meditation and Buddhist practitioners. I will learn how this particular center appeals to U.S. residents and markets itself, as well as look closely at the service they provide consists of, while playing a key role in helping them do so with their Summer 2012 programming.

3. How have you communicated with the sponsor and determined mutual interest?

Ani and I have been in contact since I applied for the internship back in late January. I applied as a backup in case things fell through with my other internship. We have exchanged several emails back and forth since then, and I applied for the internship back in March. I was accepted in late March.

4. How will this experience enhance or broaden your career goals?

Like the internship I originally applied for, my interest in this internship reflects my experience abroad through the Buddhist Studies In India program in Bodhgaya, Bihar through Antioch University. The program was a hands-on grounding in Buddhism through practice, specifically, meditation practice. We learned the meditation techniques of Buddhist practitioners from the across the board, the three major Buddhist canons. What I found fascinating was how fundamentally similar these techniques appeared to be to one another and

to meditation as I was taught in this Westernized setting.

Coming back to the United States, more than ever before, I notice how pervasive these meditative practices and institutions are in the U.S. Like Mindful Schools, the organization I proposed to work with in my initial application, Gomde serves as a perfect way to refigure my interest in Buddhism within the context of my psychology studies. As an aspiring clinical psychologist, I will get experience directly at a facility that promotes the study and practice of meditation as an alternative therapeutic practice. I will have first-hand experience at an organization that promotes and educates re: the practice of meditation, in both frontline and behind-the-scenes capacities.