

Heather Lee Leap

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EDUCATION

Master of Social Work - anticipated 2022

Portland State University, Portland, Oregon

Graduate Certificate in Infant Toddler Mental Health - Summer 2020

Bachelor of Arts - Child, Youth, & Family Studies; Minor - Women's Studies

Portland State University, Portland, Oregon. June 2019

EXPERIENCE

University Studies Graduate Mentor

September 2019- present

- Plan lessons and facilitate small-group study skills sessions for two Sophomore Inquiry (SINQ) courses each term, online and in person, as required.
- Familiarize students with campus resources and identify students in need of additional support.
- Serve as a liaison between students and course faculty.

Volunteer Student Research Assistant - A Year in Stories

January - August 2019

Portland State University

Portland, OR

- Collaborated with research team to develop and follow research protocols.
- Wrote weekly analytic memos.
- Completed open coding for preliminary linguistic analysis.

University Studies Peer Mentor

September 2018 - June 2019

Portland State University

Portland, OR

- Helped first-year college students understand the culture of higher education.
- Lead six fifty-minute mentor sessions per week and supported twice-weekly main class sessions.
- Collaborated with faculty partner to create lesson plans that reflect student needs.

Owner

November 2015 - September 2019

Wellness & Words

Portland, OR

- Led trauma-informed yoga and mindfulness classes to children ages 2-17, and adults of all ages in studios, community centers, and schools.
- Developed and presented mindfulness and writing workshops for children, youth, and adults.
- Provided freelance copywriting and editing, including newsletters and annual reports for nonprofits.

Practicum Student

June - September 2018

EMERJ-SafeNow

Portland, OR

- Co-facilitated equity-based self-defense and violence prevention camps for children ages 5-14.

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EXPERIENCE, continued

- Initiated a partnership with Play Grow Learn, a nonprofit in outer SE Portland, resulting in a pilot program to bring EMERJ's personal safety curriculum to foster children.
- Edited EMERJ's developmentally-based curriculum to provide consistency for students and better support facilitators.
- Aligned existing child-abuse prevention curriculum to meet grant proposal requirements.
- Reviewed pre-session surveys to determine student and family needs.

AmeriCorps Member - Ready, Set, Go! Program

March 2017 - September 2017

Metropolitan Family Service

Portland, OR

- Regularly used creativity and resourcefulness to respond to unexpected circumstances as co-facilitator for a weekly playgroup and summer drop-in relief childcare for Human Solutions Family Shelter.
- Initiated and led music and movement circle time to create a more fluid transition to snack time during Parent-Child Interaction Groups for families with children ages 0-3.
- Updated forms, re-organized data entry process, and completed backlog of data entry and filing.
- Represented the Ready, Set, Go! Program in meetings with partners and advocated for implementing the Make Parenting a Pleasure infant curriculum to reach and retain families with the youngest children.

Troop Leader, Membership Coordinator, Service Team Leader

2005-2010

Girl Scouts of Oregon and SW Washington

Portland, OR

- Planned events, facilitated monthly meetings, assisted in conflict resolution, and taught new skills to adult volunteers for area service unit.
- Maintained troop and service unit records for troop and leader registration; placed girls in troops.
- Supported the growth and service of girls from ages 5-12. Hosted and facilitated First Lego Robotics Team which won the Rookie award at district competition.

ADDITIONAL EDUCATION & TRAINING

- 40+ hours of trauma-informed yoga and mindfulness teacher training through the Daya Foundation, Street Yoga, and Living Yoga (2017 - 2018)
- Stewards of Children Training, through Children's Center, Oregon City, OR (2017)
- Yogajoy 200-hour Yoga Teacher Training, with Sarahjoy Marsh (2016)

MEMBERSHIPS

- National Council on Family Relations August 2018 - present