



JESSICA L. FORSTON

XXXX MILDRED AVENUE – Edina, Minnesota 55439
612-916-9369 *jlforston@gmail.com*

OBJECTIVE

To use my creativity, experience, and fresh ideas as a teacher and provide my students a safe, positive learning experience

EDUCATION

UNIVERSITY OF MINNESOTA, Minneapolis, Minnesota
Master of Education, July 2004

UNIVERSITY OF MINNESOTA, Minneapolis, Minnesota
Initial Licensure Program in Elementary Education, June 2000

UNIVERSITY OF MINNESOTA, Minneapolis, Minnesota
Bachelor of Science, Foundations of Education, June 1999

LICENSURE

STATE OF MINNESOTA, Elementary Education, June 2000

TEACHING EXPERIENCE

PRESCHOOL TEACHER

Little Eagles Preschool, Eden Prairie Public Schools, October 2018-June 2019

- Created and taught lessons using Creative Curriculum
- Assessed students using Teaching Strategies Gold

YOGAKIDS TEACHER AND TRAINER

FOUNDER OF LEARNING TREE YOGA

Learning Tree Yoga, Child Development Centers and Libraries, June 2007-present

- Created and taught YogaKids classes to students ages 2-teen
- Assessed and worked one-on-one with students with special needs
- Trained teachers and parents to use yoga in their work with children

FIRST GRADE CLASSROOM TEACHER

Cornelia Elementary School, Edina, Minnesota, August 2003- 2008

- Taught reading using the Houghton-Mifflin Reading curriculum combining guided reading, whole group and small-group instruction
- Instructed students using Everyday Mathematics curriculum
- Member of the Staff Development Committee and Student Assistance Team

THIRD GRADE CLASSROOM TEACHER

Oakwood Elementary School, Plymouth, Minnesota, August 2002-2003

- Taught reading using the MacMillan/McGraw-Hill curriculum combining guided reading, whole group and small-group instruction
- Instructed students using Everyday Mathematics curriculum and Marilyn Burns activities
- Organized and taught an after-school Young Authors Club for students in a targeted focus group, 4 hours per week for 6 weeks

FIRST GRADE CLASSROOM TEACHER

North Park Elementary School, Columbia Heights, Minnesota, August 2001-June 2002

TITLE I READING TEACHER

Highland Elementary School, Columbia Heights, Minnesota, August 2000-2001

JESSICA L. FORSTON

RELATED EXPERIENCE

NEURODEVELOPMENTAL MOVEMENT CONSULTANT

Meaningful Movement, Minneapolis, Minnesota June 2014 - present

- Completed child histories and evaluated students with difficulties using the Developmental Profile
- Educated families and children about lower brain development and gaps in development
- Created and taught programs of Developmental Movements to build and strengthen the child's lower brain development
- Monitored progress in between quarterly evaluations

PRESCHOOL MINDFULNESS TEACHER

Institute of Child Development, University of Minnesota, June 2010-present

- Created Mindfulness Curriculum alongside research assistants at the Zelazo Lab
- Taught Mindfulness Curriculum to students ages 4-6 at the Shirley Moore Lab School
- Trained teachers from the KIPP schools to implement the curriculum

ADVENTURE CLUB SUPERVISOR

Community Education, Columbia Heights, Minnesota, June 1999-August 1999

June 1998-August 1998

HONORS

University of Minnesota Dean's List, 1997, 1999

Honors Scholar Award, Gamma Phi Beta, 1995-1998

SPECIAL SKILLS

Barton Reading and Spelling System – Working toward Certification

Mindful Schools Educator Essentials 2016

Mindful Life Schools Educator Training 2015

Certified NeuroDevelopmental Movement Consultant 2014

Certified YogaKids Facilitator and Trainer 2007

InnerKids Teacher Training 2007

Thinking Maps Trainer of Trainers 2005

National Urban Alliance Cohort I Literacy Institute 2003-2005

Certified teacher of Motherhead/Fatheread of Minnesota

Experience working with students who have Special Needs and English Language Learners

Skilled user of technology including Microsoft Word, Power Point, Excel, Publisher, and online website making tools

INTERESTS/HOBBIES

Reading, yoga, traveling with family

CREDENTIALS

Student and Professional Services

University of Minnesota

86 Pleasant Street SE, 110 Wulling Hall

Minneapolis, Minnesota 55455

(612) 625-9884 Fax: (612) 626-1580