

SARAH FORREST, MS, MLA

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EARLY CHILDHOOD EDUCATION QUALIFICATIONS

Over twenty years of experience working with students in a variety of academic settings including university, high school, elementary, and preschool classrooms. Graduate, undergraduate, and continuing education coursework in psychology, human development, and early childhood education. International Diploma in Montessori Pedagogy with 620 supervised practicum hours. Certificate in Early Childhood Education. Owner and director of Della Casa Montessori Preschool, licensed by the Colorado Department of Early Childhood.

EDUCATION

Mini-MBA, University of Colorado, Colorado Springs

Certificate of Completion awarded by the Office of Professional & Executive Development

Certificate in Early Childhood Education, Montessori Casa International

International Diploma in Montessori Pedagogy

Master of Science, Walden University

Master of Science in General Psychology

Capstone paper on mental illness across cultures with an emphasis on East Africa

Master of Liberal Arts, University of Pennsylvania

Emphasis in Psychology, Medical Anthropology, and African Studies

Study abroad program at the University of Dar es Salaam, Tanzania

Capstone paper on culture and depression in older adults

Bachelor of Arts, University of Colorado, Boulder

Major in Psychology with emphasis in Biopsychology

Minor in Environmental, Population, and Organismic Biology

COURSEWORK

Psychology

Infant, Child and Adolescent Psychology
Developmental Psychology
Cognitive Psychology
Foundations of Counseling
Cultural Psychology
Statistics, Research Methods, Tests and Measurement

Biology

General Biology
Human Anatomy
Human Reproductive Biology
Behavioral Genetics
Behavioral Neuroscience
Behavioral Neuropharmacology

Early Childhood Education (ECE)

Introduction to ECE
ECE Lab Techniques
Guidance Strategies with Young Children
Curriculum Methods and Techniques
Childhood Growth and Development
Montessori teacher training and Practicum

African Studies

Cross Cultural Approaches to Health
Africa and the Wider World
African Cultural History
Community Wildlife Management
Social Structure of Tanzania
Swahili I/II

TEACHING EXPERIENCE

Broadmoor Montessori International

Position: Owner/Lead Teacher

Owner and lead teacher at Broadmoor Montessori International (BMI). BMI is a small, private in-home Montessori school. Licensed as a Family Child Care Provider by the State of Colorado.

Sidewalk's End Montessori School

Position: Intern and Teacher

Supervised practicum to meet requirements for Montessori teacher qualification. Over classroom 620 hours completed. Hired as a Montessori classroom teacher upon completion of the internship. Worked directly with over 40 children each day ages 3 to 6 years.

Denver Academy

Position: College Preparatory High School Teacher and Tutor

Denver Academy is a private school with grades 1st through 12th dedicated to students with learning differences including Autism Spectrum Disorder, dyslexia, and cognitive deficits. Subjects taught include English, literature, anatomy, psychology, and experiential education.

University of Colorado Psychology Department

Position: Teaching Assistant and Tutor

Prepared and presented lectures to 40 general psychology students during weekly recitation. Facilitated educational activities and discussions. Administered quizzes, assigned and evaluated homework, assisted students during weekly office hours, and proctored exams.

RESEARCH EXPERIENCE

University of Pennsylvania Hospital Department of Family Practice

Position: Professional Research Assistant

Worked collaboratively on the Spectrum II study to assess the underdiagnosis and undertreatment of depression in older adults. Analyzed qualitative data, fine coded interview transcripts, presented to professional groups, conducted literature reviews, and wrote scholarly papers.

University of Pennsylvania Psychology Department

Position: Professional Research Assistant

Controlled experiments designed to measure feeding behavior, gastric emptying, and hormone levels in laboratory animals. Handled laboratory specimens, analyzed data, and conducted literature reviews.

National Jewish Medical and Research Center

Position: Neuropsychology Lab Technician

Primary coordinator of a study on Systemic Lupus Erythematosus and brain function. Coordinated project from inception. Recruited participants, administered neuropsychological tests, managed research assistants, conducted literature reviews, and maintained database.

University of Colorado Behavioral Neuroscience Laboratory

Position: Undergraduate Research Assistant

Examined neural stimulation to determine the pathways of "learned helpless" behavior in laboratory animals as a model for human depression.

PAPERS AND PRESENTATIONS

Forrest, S. (2011). *Depression in East Africa: Diagnosis and Treatment Barriers*. Master of Science in General Psychology capstone project, Walden University.

Forrest, S. (2005, 2006). *Cross-Cultural Considerations in Mental Health Care*. Presented at the 31st and 32nd Annual Addictive Disorders and Behavioral Health International Symposium, Colorado Springs, CO.

Forrest, S. (2005). *“I’m Too Blessed to be Stressed!”: Contextualizing the Relationship Between Depression and Spirituality in Older Adults*. Master of Liberal Arts capstone project, University of Pennsylvania.

Kozora, L., West, S., Forrest, S., Young, L. (2001). *Attention and Depression in Systemic Lupus Erythematosus*. Poster presented at the 59th Annual Scientific Meeting of the American Psychosomatic Society, Monterey, CA.

HONORS AND AFFILIATIONS

Scholarship, Scholar for Social Change Award, Walden University

Certificate, African Studies Graduate Certificate, University of Pennsylvania

Recipient, Undergraduate Research Grant, awarded by the University of Colorado.

Recipient, Furman Grant. Merit based grant awarded by Furman University.

Member, Golden Key National Honor Society.

Member, Psi Chi National Psychology Honor Society.

PERSONAL INTERESTS AND ACTIVITIES

Psychotherapy Associates Annual Winter Symposium, ongoing

Administrator for Symposium on Addictive Disorders, Behavioral Health, and Mental Health. Planning, marketing, database management, website creation and management, staff coordination.

Starsmore Discovery Nature Center Volunteer

Volunteered for the nature center’s school program. Worked with preschoolers in the Andy Program, kindergarteners in the Nature Detectives Program, and elementary school children in the Teepee Program.

English instructor and private tutor

English instructor at Excel English School and Power English in Tokyo, Japan. Also provided private English instruction for Japanese students of all ages on Yokota Air Base, Japan.

PALS Program Volunteer

Volunteered at Whiteman Elementary School in Denver, CO as a mentor and tutor for African refugee students.

Kenyan Children Foundation

Volunteered in Kenya at Nyumbani Children’s Home for HIV/AIDS positive orphans. Collected over \$5000.00 in donations for the Kenyan Children Foundation prior to trip.