

**Emily Tully**  
**Emily.Tull@gmail.com**  
30 Orchard St. Apt 310  
Norwalk, CT  
06850  
203-246-7956

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**Objective:** Seeking a teaching position that provides an opportunity to facilitate social and personal growth of learners on all levels. Whether this be a job in the classroom or a business environment, a position that challenges and facilitates a flourishing journey is suitable.

**Credentials:**

- Provisional Certification for the State of Connecticut (Elementary Education)
- Bachelors of Arts (Psychology)
- Masters of Arts (Education)
- 200 RYT with MBYoga (Hatha/Vinyasa yoga)

**Education:**

**Sacred Heart University**

**5151 Park Ave.**

**Fairfield, CT 06825-1000**

MAT, Elementary Education, concentration: reading

GPA: 3.8

**Sacred Heart University**

**5151 Park Ave.**

**Fairfield, CT 06825-1000**

Bachelors of Art, Psychology, May 2006

GPA: 3.4

Dean's List- Spring semester 2005

**Experience:**

**Bi- Cultural Day School**

**2186 High Ridge Rd.**

**Stamford, CT 06903**

September 2007- Present

4<sup>th</sup> grade educator (2007-2012)& 5<sup>th</sup> grade educator (2012-present)

- Assured that every child's learning style and ability was met by using differentiated instruction.
- Supported a balanced reading program through the implementation of reading and writing workshops
- Assessed each student using the Fontas and Pinnell DRA to ensure reading needs were met for all children
- Integrated technology through the developments of units that included computer literacy skills.
- Enhanced student academic and social growth through varied teaching techniques; including whole group, individual, small group to provide a solid academic foundation and a positive attitude toward learning
- Actively engaged students in the learning process by the use of manipulatives, employed literature, guest speakers, United Streaming, fine arts, and songs to encourage participation and allow students to take ownership of their learning
- Fostered a sense of curiosity and deeper understanding of varied subjects using thematic units in math, reading, social studies, and writing
- Employed kinesthetic, visual, and auditory approach to make lessons more engaging and interactive
- Apply the Smartboard into everyday use; utilizing interactive tools and visuals to foster a deeper understanding
- Member of the Faculty Liaison Committee

- Experience with teaching 6<sup>th</sup> grade English
- Experience with teaching Math League to 7<sup>th</sup> and 8<sup>th</sup> graders
- 2017-2018 Mindfulness Coach (grades 1-5)

**West Elementary School**

**769 Ponus Ridge**

**New Canaan, CT 06840**

September 2006- March 2007

Internship

- Substitute taught in kindergarten through fourth grade
- Assisted reading specialists with skill-based groups emphasizing, decoding, comprehension, and inferencing
- Administered running records in reading to students in grades one through three

**West Elementary School**

**769 Ponus Ridge**

**New Canaan, CT 06840**

March 2007- June 2007

Student Teaching

- Used a variety of instructional methods to create and present lessons in mathematics, language arts, and social studies.
- Encouraged students of all learning styles to succeed by creating interdisciplinary activities; utilizing differentiated instruction.
- Attended several professional development days focusing on literacy and numeracy.
- Worked with my cooperating teacher and my supervisor to develop competencies and skills related to the Connecticut Competency Instrument (CCI).
- Effectively implemented a balanced approach in the classroom, including independent reading, guided reading, and decoding.

**Discovery Museum**

**4450 Park Ave.**

**Bridgeport, CT 06604**

September 2005-May 2006

- Assisted children in a classroom setting while organizing, preparing, and lecturing specific weekly lessons.
- Facilitated outreach programs; commuting to local schools to implement lessons on measurement and electricity.

**Saraswati's Yoga Joint**

**Water Street**

**Norwalk, CT**

June 2014- present

Currently teaching 2-3 classes/week

- Over 5 years of experience of practicing yoga

- Knowledge of the latest trends and aspects of generating quality education
- Design and implement specialized private and group lessons and programs according to individual and group needs
- Excellent communication and interpersonal skills

**Additional:**

**Athleta Ambassador**

Summer 2017- present

- Monthly workshops/yoga classes at the Westport, CT location
- Planning and organizing events with staff
- Promoting brand on Social Media

**Mindfulness Coach/Speaker**

Fall 2017- present

- St. Luke's School (New Canaan, CT) Mindfulness Workshop Committee
- Mindfulness speaker for different businesses (Inner Light Wellness, Darien, CT & Psychology offices in Darien, CT as well as different schools in CT, speaking to staff)

**New Canaan High School Varsity Girls' Lacrosse**

March 2010- June 2010

- Assistant coach of varsity girl's lacrosse program
- Teach sports techniques, playing rules, strategies, and playing tactics
- Condition athletes appropriately for activities requiring endurance, strength and agility
- Monitoring athlete's school attendance, and personal conduct
- Teach sportsmanship, cooperation, work ethic and responsibility

**New Canaan Field Hockey**

September 2009- November 2009

- Assisted in training an ongoing youth field hockey clinic
- Whole group and small group instruction of fundamental skills
- Teach sportsmanship, cooperation, work ethic and responsibility

**Sacred Heart University Women's Lacrosse**

Fall 2002- Spring 2006

- Completed four years of Division I lacrosse
- Year round running, lifting, and conditioning
- Learned the true meaning of commitment and working as a team player
- Maintained a constant balance of a student-athlete schedule, while maintaining over a 3.0 G.P