

# Courtney Sierra Bell Rosenstein

Chapel Hill, NC  
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## **CURRICULUM VITAE**

### **Education:**

- (2015-2017) Graduate of East Carolina University (ECU) Degree: B.S. Biology (Greenville, NC)
- (2014-2015) Former student of the Florida Institute of Technology (FIT) Field of Study: Biomedical Engineering (Melbourne, FL)
- (2012-2014) Graduate of the North Carolina School of Science and Mathematics (NCSSM) (Durham, NC)
- (2008-2012) Former honor student of Roxboro Community School (Roxboro, NC)

### **Certifications and Professional Training:**

- (2022) Certified Postpartum Care Specialist/Doula, Training by Cornerstone Birthwork Training
- (2022) Infant, Child, and Adult CPR/AED Certified, American Health Care Academy
- (2022-2023) Full Spectrum Doula, Training by Doula Trainings International (Certification in Progress)

### **Intensive Educational Opportunities:**

- Parent and Montessori/Reggio-based educator for children (current)
- Participant in Full Spectrum Birthwork/Doula training (current)
- Participant in Postpartum Doula training (completed, 2022)
- Permaculturist and Poultryman (current)
- Solar Farm Participant: Power Home Solar, Solar Edge (current, since 2019)
- Clinical Observation Patient: Full-term Pregnancy with Placental Abruption (2019)
- Microbial laboratory technician: East Carolina University's microbiology labs.
- Optometric Internship: Intern for Rosenstein Vision Center (Durham, NC)
- Horticulture/Agriculturalist Internship: ECU Biology intern for Carolina Seasons Nursery
- Surgical shadowing position: Dr. Shaddock, Triangle Orthopedics Surgeon (Durham, NC)
- Pharmaceutical Internship: Assistant pharmaceutical technician for Thomas & Oakley Drugstore (Roxboro, NC)
- Participant of the 2013 NASA Women in STEM High School (WISH) Aerospace Scholars program.
- Participant of the 2012 NC State CAALS Innovative STEM Research Program (summer residential program at NCSSM)
- Participant in STEM cell research and mechanical engineering at the 2012 Summer Ventures in Science and Math Camp hosted by East Carolina University (4-week residential camp).
- Assistant for stabilizing emotional trauma victims (2012-2014)
- Fundraising Volunteer: St. Jude Children's Research Hospital (2000-2012)
- Participant in National FBLA Convention math competitions (2008-2012)

### **Work/Internship Experience:**

- 2022 Owner, Full Spectrum Doula: Tree of Life Birthkeeping and Permaculture LLC (Full-time, current)  
Permaculturist and specialized caregiver for individuals seeking support with reproductive health, infertility, pregnancy, loss or unforeseen medical termination, and the immediate postpartum period.

- 2022 Nursery Attendant: St. Paul's Lutheran Church (Part-time, current)  
Caretaker and educator for infants, toddlers, and adolescent children during Sunday services.  
- Reference Contact: Reverend Scott Anderson (919) 489-3214 (Pastor), St. Paul's Lutheran Church of Durham, NC
- 2019-2022 Promotional Sales Manager: Rosenstein Vision Center (Part-time, current)  
Representative for prospect patients interested in contact trials, vision consultations, and glasses fittings.  
- Reference Contact: Dr. Aaron A. Rosenstein (919) 308-7753 (Owner, Optometrist), Rosenstein Vision Center
- 2018-2022 Poultryman, Permaculturist, and Family Caretaker (Full-time, current)  
Responsible attendant for two young children, while managing an environmentally conscious homestead. Farming is sustained by methods of permaculture to include: free range poultry farming, organic vegetable production, natural food preservation, mealworm cultivation, solar farming, humane animal processing, and composted fertilizer production. Infant poultry are cared for within a sterile environment from incubation until independent adolescence in order to maximize immunity to disease.
- 2019 Volunteer Softball Coach: North Carolina School of Science and Mathematics (unpaid)  
Outfielding coach, as well as team practice player. Used past camp experiences to teach simple strategies for sufficient base running, level swings, and smart base stealing. Responsible for all first responder medical assistance during practices and games.  
- Reference Contact: Rob Andrews (919) 225-7593 (Associate Director of Admissions and Softball Coach), NCSSM
- 2018 Summer Mentor for GSSM Accelerate Engineering Program: Southern University (July 1-31)  
Mentor for four high school senior students of the South Carolina Governor's School for Science and Mathematics. Engineering research program in Baton Rouge, Louisiana on the campus of Southern University. Responsibilities included supervising and participating in research, attending all outings and meetings, overseeing flights and traveling, and advising students throughout daily activities.  
- Reference Contact: Ershela Sims (919) 637-8873 (Former Dean of Engineering & Technology and Instructor of Engineering), NCSSM
- 2017 Summer Optometric Internship: Rosenstein Vision Center (unpaid 8-week internship)  
Shadowed lead optometrist who performs comprehensive ophthalmic exams. Gained experience in diagnosis/treatment/management of ocular diseases, assisted in insertion and removal during contact lens fitting, learned basic knowledge of cutting/fitting glasses, oversaw surgical consultation, and aided in post-operative care for cataract and glaucoma surgeries.  
- Reference Contact: Dr. Aaron A. Rosenstein (919) 308-7753 (Owner, Optometrist)
- 2016-2017 Microbiology Laboratory Technician: East Carolina Univ. (Aug. 2016-Dec. 2017, paid)  
Laboratory technician that prepared media/tubes/petri dishes for labs, performs experimental demonstrations within classrooms, created bacterial cultures, delivered medical/lab supplies, and managed cleanliness/maintenance/biohazardous waste within student laboratories.  
- Reference Contact: Kristen Andrews (919) 523-7335 (ECU Microbiology Lab Manager)
- 2016 Surgical Shadowing: Triangle Orthopedics Assoc. (Durham, NC)  
Shadowed surgeon (Dr. Phillip Shaddock) during both pre-op and post-op consultations in order to gain knowledge of the surgical field, as well as colorectal diseases and methods of treatment.  
- Reference Contact: (919) 220-5255

- 2016 Assistant Pharmacy Technician: Thomas & Oakley Drug Store (paid 5-week internship)  
Assisted pharmacist with medicine/pills/prescriptions, tended to customers, and filed drugs.  
- Reference Contact: Linda Lee (336) 504-9200 (Pharmacy Technician)
- 2016 Lead Female Camp Counselor: Step Up to STEM, NCSSM (paid internship July 9-22)  
Lead counselor for 54 student campers, as well as 10 student counselors and student TA's. Responsible for running a two-week innovation summer camp for underrepresented minorities. Liable for all hall activities, food, accountability, health, and safety of students. Occasional class facilitator and site expert of school functions.  
- Reference Contact: Ershela Sims (919) 637-8873 (Former Dean of Engineering & Technology and Instructor of Engineering), NCSSM
- 2016 Horticulturalist Internship: Carolina Seasons Nursery (paid internship Aug-Dec)  
Learned to care for and grow annuals, perennials, bulbs, vines, aquatics, cacti, and various other types of plants. Acquired knowledge of the Plantae kingdom and how to fertilize, heal, and transplant foliage. Sales associate, responsible for money transactions, and landscaper.  
- Reference Contact: Tim Christensen (252) 328-0162 (Assistant Professor of Genetics, Cell Biology), ECU
- 2015-2016 Hostess and Waitress: Ming Dynasty Chinese Restaurant (paid)  
Provided excellent service to guests, while partaking in traditional/ceremonial acts of Chinese culture and serving authentic cuisine. Sales associate, responsible for money transactions, and occasional food runner.  
- Reference Contact: (252) 752-7111
- 2015 (Summer) Agricultural Farm Specialist: Morristown BBQ Pit Farm (paid)  
Assisted, developed, and managed all aspects of the farm grounds, including growing and production of organic vegetables, poultry, swine, equestrian, bees and beef cattle. Was responsible for the planning, creation, coordination, and implementation of the farm infrastructure and landscape requirements at the 100 acre plot. Responsible for planning and enactment of weekly planting schedule and livestock field rotation.  
- Reference Contact: (336) 322-0930
- 2012-2015 (four years) NCSSM Summer Camp Adviser and TA: Step up to STEM (paid)  
Lead advisor for 22+ student campers at a two-week accelerator camp. Responsible for all hall activities, accountability, and safety of students. Position included being class facilitator and site expert of school functions at all times.  
- Reference Contact: Ershela Sims (919) 637-8873 (Former Dean of Engineering & Technology and Instructor of Engineering), NCSSM
- 2015 (Summer) Camp Residential Assistant: Virginia STEAM Academy (paid)  
Residential Assistant for 70+ student campers at a week-long educational camp. Took responsibility for all hall activities, accountability, and safety of students.  
- Reference Contact: Judy Stewart (757) 679-8856 (Manager of Summer STEAM)

- 2014 (Summer) NCSSM Volunteer Ambassador/Tour Guide (unpaid)  
Volunteered to give tours to prospective applicants for a job opening in the NCSSM admissions. A separate tour was given to each person, allowing me to give insight to the admissions personnel on my thoughts of the prospective people.
  - Reference Contact: Mattie Gaddy (919) 824-9806 (Associate Director of Admissions), NCSSM
- 2013-2014 NCSSM Student Ambassador (unpaid)  
Provided informative tours for prospective students and their families, and dignitaries associated with local State and Federal Agencies. Held responsible for providing detailed information about the facility, meeting all time frames associated with the tour, and providing Q&A sessions.
  - Reference Contacts: Mattie Gaddy (919) 824-9806 (Associate Director of Admissions), NCSSM
- 2012-2014 (Seasonal) NCSSM Sporting events and Festivals (unpaid)  
Worked as a sales associate: Took orders for food/beverage/souvenirs, calculated the cost, and made the proper money transactions. Also prepared various food items and served to customers in a timely manner.
  - Reference Contact: Rob Andrews (919) 225-7593 (Associate Director of Admissions and Softball Coach), NCSSM
- 2002-2014 Equestrian Specialist and Farm Technician  
Aided in birthing, feeding, socializing, and training horses on family equine farm. Cared for infant swine, poultry, cattle, horses, goats, and working dogs. Responsible for the hygiene of stalls, pastures, and birthing containment areas.
- 2010-2012 (Seasonal) DUKE Men & Women's Basketball Teams (unpaid)  
Worked as a sales associate at the "Food Booth" during the DUKE team games. Submitted guest orders for food/beverage/souvenirs, re-stocked items as needed, prepared food & beverage as specified by request, tallied sales, and provided change for purchases.
  - Reference Contact: Bill Boston, (English Professor, Roxboro Community School), RCS

### **Extracurricular Activities:**

- Actively training to become a certified Full Spectrum Doula
- Actively pursuing my Native American CDIB Number
- Actively certified for adult/child/infant CPR and AED
- Active substitute preschool teacher/volunteer
- Actively practicing and teaching Reggio-Amelia inspired authoritative parenting techniques
- Actively supervising kid-friendly nature excursions
- Active abstract art collector and creator
- Actively studying embryology and reproductive sciences
- Actively incubating fertilized turkey and chicken eggs for personal genealogy study
- Active homeschooling parent
- Actively studying the Japanese language (Level 4)
- Active manager and caretaker of animal homestead and permaculture farm (Chapel Hill, NC)
- Active member of the National Society of Black Engineers (NSBE)
- Active member of the NC State Extension: New Crops and Organic Programs, NC Alternative Crops and Organics Program
- Former postpartum yoga coach
- Former volunteer softball coach (NCSSM, Durham, NC)
- Former member of the National Honor Society

- Former ECU Intramural volleyball team player (2 years)
- Former club member of She's the First (Female Education Sponsor) at ECU (2 years)
- Former volunteer civic engagement worker for McConnell-Raab Hope Lodge (Greenville, NC).
- Former tryout/practice player for ECU varsity volleyball team.
- Former varsity volleyball team member for FIT (1 year)
- Attended FIT's high intensity summer volleyball and softball camps (1 year)
- Attended University of West Florida's high intensity summer volleyball camp (1 year)
- Former Student Ambassador for NCSSM (1 year)
- Former club member for WISE- Women in Science and Engineering (NCSSM)
- Former participant in WISH- Women in STEM High School (NASA program)
- Former member of the Robotics Club (Zebracorns)- NCSSM
- Former member of NIA (NCSSM feminist club)
- Former volunteer for St. Jude Children's Research Hospital (12 years)
- Former volleyball player for Jammers Volleyball Club: 18's Black Team (2 years)
- Former varsity softball and volleyball player for NCSSM and RCS (4 years)
- Former Dancer at Christi's Dance Center in Roxboro, NC (7 years)
- Former volleyball player for NC Elite Volleyball Club (1 year)
- Former softball player for Virginia Travel Club Team- Lake County Crushers (2 year)
- Former volleyball player for Triangle Volleyball Club (3 years)
- Attended UNC Chapel Hill 'NIKE' High Intensity Volleyball Camp (2 years)
- Former President of FBLA (Conducted meetings, planned food drives, and created fundraising events)
- Former Secretary/Treasurer of Junior BETA Club (Managed money and scheduling; conducted meetings when an absence of both Pres. and VP)
- Former Junior Civitan Club member (Managed concession stands at Duke University basketball games)

### **Honors and Awards:**

- Selected for Doula Trainings International's BIPOC scholarship for Full Spectrum Doula training (2022)
- Certified as a Postpartum Care Specialist/Doula by Cornerstone Birthwork Training (2022)
- Selected to receive care and give birth at the Women's Birth and Wellness Center of Chapel Hill (2021)
- Selected to send children to St. Paul's Lutheran's preschool of Durham, NC (2020-2022)
- Selected by Power Home Solar to participate in solar farming (2020)
- Selected to receive care at the Women's Birth and Wellness Center of Chapel Hill (2019)
- Accepted into NCCU's Biomedical Sciences graduate program, deferred (2018)
- Accepted into the 2017 Atlantis Project: Pre-Med Fellowship Abroad, deferred
- Accepted into the National Society of Leadership and Success at ECU (2016-2017)
- Chosen as 2014 School Student Ambassador for NCSSM
- Chosen as 2014 alternate RLA (Residential Life Assistant) for NCSSM
- Selected as All District in softball 2014 for NCSSM
- Selected for All-Conference Team for both volleyball and softball 2014 for NCSSM
- Chosen to participate in NASA's online WISH program for women in STEM (2013)
- Selected for 2012 Who's Who Among High School Students
- Selected for 2012 Who's Who Among High School Athletes AAU
- Accepted into the National Junior Honor Society (2008-2012)
- Competed on an AAU Competitive Volleyball team (6 years)
- Selected as a finalist for the North Carolina School of Science and Mathematics (2012)
- Chosen to attend 2012 Summer Ventures in Science and Math (East Carolina University)
- Chosen to attend the 2012 NC State CAALS Innovative STEM Research Program
- Selected as a Catalyst nominee for Engineering Research Project on "Mechanics of the Human Hand" (ECU) (2012)