

Shira Shamsi

Certified Meditation Instructor

Retired College professor (Education and Child Development)

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Education:

- 2019 – Chopra Global, Carlsbad, California
Certified Meditation Instructor
- 1999 – U.S. equivalency of Bachelors & Masters degree
evaluated by World Education Services, Chicago.
- 1981 – M. S. University of Baroda, India.
Master of Science in Child Development.
- 1979 – M. S. University of Baroda, India.
Bachelor of Science in Child Development.
- 1974 – St.. Mary's School, Poona, India.
I. C. S. E. (Indian Certificate of Secondary Education).

Awards:

- 2018- Awarded the National Institute for Staff Development and Organization (NISOD) Award for Excellence in Teaching - University of Texas, Austin TX.
- 2012- Awarded the National Institute for Staff Development and Organization (NISOD) Award for Excellence in Teaching - University of Texas, Austin TX.
- 1981 – Awarded the Chancellor's Gold Medal for academic excellence.
- 1981 – Awarded the Dr. Pramilla Phatak Award for outstanding research.
- 1979 – Awarded the Srimati Ichhaguari Kunverji Naik Gold Medal for academic excellence.

Publications:

- 2020 - Shamsi, M. (March 2020) Supporting the Child who is Shy in the Classroom. *Dimensions of Early Childhood. The Journal of the Southern Early Childhood Association (SECA) Volume 48, No. 1.*
- 2015 – Shamsi, M. (July 2015) The Role of Play in Brain Development. *Early Years. The Journal of the Texas Association for the Education of the Young Child (TAEYC). Volume 36, No. 2..*
- 2011 - Shamsi, M. (Mar 2011), The Five 'E's of Effective Educating. *Innovation Abstracts National Institute for Staff & Organizational Development (NISOD) Volume XXXIII, No. 9*
- 2009 - Shamsi, M. (Nov 2009), Actionalize, Personalize and Socialize. *Innovation Abstracts National Institute for Staff & Organizational Development (NISOD) Volume XXXI, No. 26.*

Conference Presentations:

- 2019 – Presented 'Infant Mental Health' Center in Houston for Infant Learning and Development (C.H.I.L.D.) University of Houston, Mar 9, 2019,
- 2018 - Presented a Round Table at National Institute of Staff development and Organization (NISOD) 'Supporting the Student who is Shy in the Classroom' May 28, Austin TX
- 2018 - Presented 'Supporting the Child who is Shy in the Classroom' Austin AEYC Conference, University of Austin, April 7, Austin, TX.
- 2017 – Presented 'Once Bitten Twice Shy- Toward a More Appropriate Response to Biting' Gulf Coast Chapter of the Texas Association for the Education of the Young Child, San Jacinto College, Houston, TX, December 9, 2017
- 2017- Presented on ' Busting Stress, Boosting Growth' Gulf Coast Association for the Education of Young Children (GCAEYC) Conference, University of Houston Clearlake, June, Houston, TX,
- 2017- Presented 'Silence is not Golden' Center in Houston for Infant Learning and Development (C.H.I.L.D.) University of Houston, May 20, 2017

Employment and Experience:

Sep 2020- current Meditation Instruction and Guided Meditation

Online/Face-to-Face Meditation Guidance

- Led an 11-week Meditation Certification Course at Soul Strong Yoga Sep-2022-November 2022
- Conducted a 5-week Introduction to Meditation Course for Meditation Bar 2022-23
- Conducted Corporate and Private Meditation events for Meditation Bar 2022-23
- Guided Meditation online and face-to face sessions for three local yoga centers 2022-23
- Instruction on Meditation series named 'Soularize' and 'Spiritualize' 2021
- Instruction on 'Soul-utins for Success' series for a half-hour each morning 2021

Feb 2020- Mar 2020 Kindercare

Learning Adventures teacher and Infant-toddler teacher

- Taught 3-5 years olds the Learning Adventures curriculum.
- Served infants and toddlers.

Aug 2008 – Aug 2019 Wharton County Junior College (NAEYC accredited 2-Year College)

Full-time Instructor of Education and Early Childhood Development

- Teaching TECA 1311(Educating the Young Child), TECA 1303(Family School and Community), TECA 1354(Child Growth and Development), TECA 1318(Wellness of the Young Child), CDEC 2315(Multicultural Education), CDEC 2326(Administration of Programs for Young Children I), CDEC 2328(Administration of Programs for Young Children II), CDEC 2341((The School Age Child), CDEC 1356(Emergent Literacy).CDEC 1319 (Child Guidance), CDEC 1358 (Creative Arts for Young Children)

Aug 2005 – May 2008 AVANCE Head Start and Early Head Start

Curriculum Facilitator

- Mentored teachers of infants, toddlers and preschoolers.
- Monitored the educational component for compliance with Head Start Performance Standards.
- Trained teachers individually, in small groups, and in large groups during winter and summer

Aug 2003 – June 2005 HCDE – Head Start, Houston, Texas

Operations Coordinator

- Supervised operations at 4 Head Start centers.
- Organized and implemented training for all Head Start staff.

Aug 1999 – May 2003 Bethlehem Pre-School Center, St. Charles, IL.

Assistant Director

- Substituted director and teachers as needed.
- Planned and implemented in-service training for teachers.

Professional Strengths:

- The Power of Prayer Course- Agape International Spiritual Center and University- May 2022
- Mindfulness Leadership Certification Course- Soul Strong Yoga- March 2022
- Mindfulness Foundations Certification Course- Soul Strong Yoga- November 2021
- Certified Meditation Instructor May 2019 - Chopra Global, Carlsbad California
- Former Master Level Texas Trainer in Early Childhood Education with the Texas Early Childhood Professional Development System (TECPDS) until March 2020

Aspiration:

To be a constant learner and a giver, to enrich experience, and be an active participant in the field of wellness, spirituality and wholeness, education and human development, through varied and in-depth exposure.