

Miku Lenentine

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EDUCATION

Ph.D., August 2017, University of Washington, Seattle, WA. Human Dimensions of Natural Resource Management Laboratory, School of Environmental and Forest Sciences.

M.R.M, February 2010, Simon Fraser University, Burnaby, BC.
Forest Ecology and Management Lab, School of Resource and Environmental Management.

B.S., June 2006, Western Washington University, Bellingham, WA.
Major in Environmental Science, Terrestrial Ecology.
Minors in Biology and Japanese.

RESEARCH AND PROFESSIONAL EXPERIENCE

University of Washington

Predocctoral Research Associate: University of Washington, School of Environmental and Forest Sciences, Seattle, WA. Professor Stanley Asah, Adviser. Assisting in setting up new human dimensions lab, including the creation of computer-assisted telephone interviewing stations, a transcription room, a graduate research laboratory, and the creation and maintenance of lab website materials. Mentoring and teaching new undergraduate and graduate researchers. Managing and assisting in various laboratory studies described in detail below. (2011 - 2017)

Social Perspectives on Biofuels and Renewable Energy

Designing and assisting in research about the social acceptability of hybrid poplar biofuels in the Pacific Northwest. Recruiting subjects, coordinating focus groups, and interviewing subjects. Preparing materials for Human Subjects Review Board. Analyzing qualitative and quantitative data. Writing reports and contributing to peer reviewed journal articles. Presenting at conferences. (2012 - 2017)

Northwest Environmental Forum

Assisting in forum synthesis and research about various subjects ranging from watershed values, to natural capital investments in forestry, to the most recent net pen aquaculture forum. Assisting in on-site setup, logistics, observations, note-taking, and transcription. Analyzing qualitative data emerging from group discussions. Contributing to final reports and synthesis of results. (2012, 2013, 2016)

Community Perceptions of Smoke and Fire

Assisting in research about community perceptions of smoke and fire in and around national forests in Washington and Oregon. Recruiting subjects, coordinating focus group meetings, and assisting in interviews. Managing undergraduate research assistants and overseeing transcription of interviews. Archiving and organizing data storage. (2013 - 2014)

Olympic Experimental State Forest Conflict

Assisting in research designed to address the existing management conflict in the Olympic Experimental State Forest in Washington State. Recruiting subjects, coordinating focus group meetings, and assisting in interviews. Coordinating and mentoring incoming graduate research assistants. Archiving and organizing data storage. (2013 - 2014)

Environmental Volunteer Motivations

Assisting in research on environmental volunteer motivations. Analyzing qualitative and quantitative survey data. Writing and contributing to peer reviewed journal articles. (2012 - 2013)

Grassroots Campaigns Inc.

Assistant Director: Seattle, WA. Coordinating team of 15-20 staff, training staff, and recruiting new employees and Assistant Directors. Developing and testing marketing campaigns for clients such as the Sierra Club, American Society for Prevention of Cruelty toward Animals, and the Nature Conservancy. Tracking office expenses and processing payroll, evaluating office goals and progress, and collaborating with offices nationwide. (2009 - 2010)

Simon Fraser University

Graduate Researcher: Simon Fraser University, School of Resource and Environmental Management, Burnaby, BC. Research Project, Packwood, WA. Professor Ken Lertzman, Adviser. Developing a participatory strategy for effective community-based natural resource collaboration with the community of Packwood, Washington. Coordinating and facilitating three community visioning workshops. Conducting over 30, 2-3 hour, in-depth grounded theory interviews. Writing proposals, leading project management, and overseeing public outreach. Creating and maintaining the organization website and distributing monthly newsletters. (2008 - 2009)

FORREX Socio-economics Working Group

Graduate Research Assistant: Simon Fraser University, School of Resource and Environmental Management, Burnaby, BC. Coordinating and facilitating the update of the 2008 FORREX Social Science in Natural Resource Management Directory. Dr. Ajit Krishnaswamy, Supervisor. Developing a prototype Social Science in Resource Management Curriculum. Assisting in workshops and annual meetings. Reporting in peer reviewed publications. (2007 - 2008)

Simon Fraser University

Graduate Field Assistant: Simon Fraser University, School of Resource and Environmental Management, Burnaby, B.C. Kelly Squires, Supervisor. Surveying transects for red-breasted sapsucker (*Sphyrapicus ruber*) nestlings, conducting GPS point counts, and assessing habitat characterization. (Summer 2007)

U.S. Fish and Wildlife

Field Technician: U.S. Department of Fish and Wildlife in collaboration with Western Washington University, Huxley College of the Environment, Bellingham, WA. Professor David Wallin, Supervisor. Backcountry tracking, using telemetry and GPS devices, ground-truthing, and observing Mountain Goat (*Oreamnos americanus*) behavior and location. (Summer 2006)

Western Washington University

Undergraduate Research Assistant: Western Washington University, Department of Biology, Bellingham, WA. Professor Roger Anderson, Advisor. Studying Alford Desert Basin microclimate characterization, reptile thermoregulation behavior observation, terrestrial invertebrate spatio-temporal distribution study, development and experimentation with field methods. Assisting in data entry and contributing to poster presentation. (2005)

ACADEMIC AND PROFESSIONAL TEACHING EXPERIENCE

University of Hawai‘i at Mānoa

Affiliate Faculty: Center for Teaching Excellence, University of Hawai‘i at Mānoa, Honolulu, HI. Kathleen Kane, Supervisor. Developing and facilitating regular programming designed to bring contemplative practices, mindfulness and professional development to campus for faculty, staff, and students. (2021 to Present)

5-Week Writing Reboot Series

Presentation of best practices for cultivating effective writing habits, guidance in developing a growth mindset and addressing psychological / emotional barriers to writing. Support for designing a personalized 5-week writing plan and starting up writing accountability groups. Facilitating weekly goal setting, accountability, and support for dedicated writing time.

Contemplative Pedagogy in Higher Education Series

Introduction to contemplative practices for in-person, hybrid and online teaching techniques. Support for reducing stress while teaching (especially with new technology) and increasing productivity while reducing anxiety and fatigue. Introducing and honoring indigenous knowledge in application towards contemplative practice in the classroom.

Lunchbreak Mindfulness 6-Week Seasonal Class Series

Guiding weekly mindfulness classes to reduce stress, increase energy and improve mental clarity for faculty and staff through meditation and movement designed for an academic context in an office setting.

Q Methodology Statistics Seminar & Skill Share (Online)

Founding Member and Facilitator: Affiliated with Kent State University, Cleveland, OH. Coordinating weekly online research seminars and skill share meetings online via Zoom. Inviting and organizing guest presenters and introducing speakers. Mentoring current Ph.D. students, facilitating peer learning, hosting workshops, and presenting at scientific conferences. (2020 - Present)

Business English (Online), Academia Language School

Guest Instructor & Technical Assistant: Academia Language School, Honolulu, HI. Offering live online lecturing via the Zoom communication platform. Facilitating small group breakout sessions to support student learning in public speaking. Assisting lead instructor on the use of the Zoom application for teaching online, advising on social meeting technology platforms, and assisting with set up and implementation. (Spring 2020)

Social Forestry Winter Field Course, Siskiyou Permaculture School

Instructor: Siskiyou Permaculture, Little Wolf Gulch, OR. Facilitating small group discussions, preparing course material, lecturing, and guiding team-building exercises. Assisting in site logistics and supervision of field camp set up and take down. Supervising outdoor education including coppicing for basket weaving, harvesting timber, broad scale cool burning, biochar production, forest restoration and site assessment. Guiding practices honoring LEK, TEK and wild-tending ethics and principles. (Winter 2020)

Urban Forest Bathing (Shinrin-yoku) & Wildsitting, Wildly Vibrant School

Instructor: Wildly Vibrant Permaculture & Ancestral School, Seattle, WA. Leading outdoor education, forest bathing (Shinrin-yoku) and wild sit experiences for diverse participants in urban forests. Facilitating communication, and social permaculture workshops at community centers, small businesses, farms and permaculture communities throughout the Pacific Northwest and Hawaii. (2018 - 2019)

Social Forestry Advanced Internship, Siskiyou Permaculture School

Assistant Instructor: Siskiyou Permaculture, Little Wolf Gulch, OR. Providing new student orientation, assisting in the development and implementation of field course logistics. Giving site tours of Little Wolf Gulch Forestry Camp. (Winter 2019)

ENVIR 304, Environmental Resource Assessment, University of Washington

Guest Instructor: University of Washington, School of Environmental and Forest Sciences, Seattle, WA. Leading the social sciences module for ESRM 304. Lecturing and guiding laboratory sessions and field experiments. Preparing teaching materials, developing lesson plans, guiding the exam study session, holding regular office hours, and assisting in grading student papers and projects. Coordinating teaching with lead instructor and teaching team. (Fall 2017, Fall 2019)

ENVIR 100, Environmental Studies, University of Washington

Graduate Teaching Assistant: University of Washington, Program on the Environment, Seattle, WA. Leading three quiz sections consisting of 75 students total. Lecturing, preparing teaching materials, contributing to lesson plans, proctoring examinations, holding regular office hours, and grading student papers and projects. Managing student communications, tracking and recording all grades for my sections. Coordinating teaching with teaching team. (Fall 2016)

Doris Duke Conservation Scholars Program, University of Washington

Co-Instructor: University of Washington, School of Environmental and Forest Sciences, Seattle, WA. Training students in social science research methods with a particular emphasis on qualitative design, data collection, analysis, and interpretation. Instructing in technical research skills including transcription, data management, and collecting audio data. Presenting human ethics concepts and application. Coordinating class field trips and maintaining communication with guest instructors and program partners. (Summer 2015)

ESRM 200, Society and Sustainability, University of Washington

Graduate Teaching Assistant: Seattle, WA. Assisting in preparation of teaching materials and infrastructure, maintaining and updating class website, leading occasional quiz sections, coordinating class field trips, proctoring examinations, holding regular office hours, grading student papers and projects, tutoring students, managing student communications, and tracking and recording all grades. (Winter 2013 and Winter 2015)

ESRM Capstone Program, University of Washington

Capstone Student Junior Advisor: University of Washington, School of Environmental and Forest Sciences, Seattle, WA. Advising undergraduate researcher, Michael Ji, in development of senior capstone project, “Online Media Framing of Biofuels.” (2013 - 2014; Graduated June 2014)

Program on the Environment Capstone, University of Washington

Capstone Student Site Advisor: University of Washington, Program on the Environment, Seattle, WA. Advising undergraduate researchers Ana Laakman and Cary Griffin on behalf of Pinchot Partners Collaborative. Laakman’s project deliverables included creating a poster, power point, and outreach materials for the Pinchot Partners. Griffin created a database of funders and developed materials for a fundraising campaign. (2013 - 2014; Graduated June 2014)

International Programs and Exchanges Department

Peer Advisor: Western Washington University, Bellingham, WA. Informing, educating, and advising students and faculty on travel abroad opportunities. Providing advice, education, and tours for incoming international students. (2005 - 2006)

ADDITIONAL MINDFULNESS AND CONTEMPLATIVE EXPERIENCE

道Vibrantly Teacher Training (Hybrid Online Course), The Way of Vibrantly

Instructor: The Way of Vibrantly, Seattle, WA. Offering live instruction online via the Zoom communication platform. Facilitating interactive games, mindfulness activities and team building to support student learning in contemplative pedagogy and compassionate teaching. Managing student communications, tracking and recording student progress, and coordinating remotely with teaching team. Assessing final grades via student self-evaluations, narrative interviews and letter grades. (Spring 2020)

道Vibrantly Café (Online), The Way of Vibrantly

Facilitator: The Way of Vibrantly, Seattle, WA. Facilitating online forum discussions on various topics, while instructing and modeling compassionate communication modalities such as Non-violent Communication, Centered and Exhilarated Dialogue and Compassionate Dialogue. (Spring 2020 to 2021)

Weekly Meditation Series (Online) & Bilingual Meditation, Still & Moving Center

Instructor: Honolulu, HI. Neelanthy Vadivel, Supervisor. Instructing several meditation classes online each week including a bilingual English and Japanese Meiso Meditation Class for non-native English speakers joining from Japan. (Winter 2019 to Present)

Hatha Yoga, Dale Turner YMCA

Instructor: Seattle, WA. Annette Price, Supervisor. Instructing weekly hatha yoga and substitute teaching restorative and yin yoga classes. (2018 - 2020)

Mindful Movement, OmCulture

Instructor: Seattle, WA. Michael Suzerris, Supervisor. Instructing weekly meditation, hatha yoga, aerial yoga and mindful movement classes at OmCulture Green Lake Yoga Studio. (2018 - 2020)

Facilitator: Seattle, WA. Michael Suzerris, Supervisor. Guiding meditation, mindful movement and closing circle share for 200+ person ecstatic movement events at OmCulture Wallingford Studio. (2018 - 2019)

Mindful Movement Program, The Way of Vibrantly

Instructor: The Way of Vibrantly, Honolulu, HI. Instructing weekly Hatha Flow yoga classes and guiding meditation and mindfulness practices online, outdoors, and conferences such as the Northwest Permaculture Convergence, and the West Coast Intentional Communities Conference. (2017 - Present)

Beloved Living Center

Instructor and Research Associate: Redmond, WA. Dr. Eric Carroll-Desselle, Supervisor. Developing laboratory materials, investigating conflict resolution communication in small group settings, assisting in development of Isonomi mindfulness and movement practices. (2017 - 2019)

PROFESSIONAL SERVICE WORK

CoCreavatars International Network

Editor in Chief: Interviewing traditional elders and wisdom keepers. Reviewing monthly articles for appropriateness of content, corresponding with authors, artists, and contributors. Coordinating monthly editorial team meetings. Hiring, mentoring and training new staff. (2019 - Present)

International Forestry Students' Association

Northern America Regional Representative: IFSA World, Freiburg, Germany. Gabrielle Schittecatte, Northern America Supervisor. Providing support for local committees in the US and Canada. Expanding IFSA membership across region, assisting in planning and hosting of the Canadian American Regional Meeting (CARM). Leading regional workshop at CARM. Hosting monthly online regional meetings, and maintaining social media presence. Attending and presenting at two IFSA World Student Symposiums in the Philippines and Austria as a US delegate and regional officer. Writing progress reports and coordinating with other IFSA World Officers, Council and Executive Members. (2015 - 2016)

President: University of Washington, School of Environmental and Forest Sciences, Seattle, WA. Professor Indroneil Ganguly, Faculty Advisor. Founding official IFSA International Local Committee at the University of Washington. Coordinating officers and active members, convening and chairing meetings, facilitating and leading event-planning, mentoring new officers, collaborating with other student organizations, and assisting in departmental events. (2014 - 2015)

SEFS Curriculum Committee

Graduate Student Representative: University of Washington, School of Environmental and Forest Sciences, Seattle, WA. Participating in regular curriculum meetings, providing advice and perspective on behalf of SEFS graduate students. (2015 - 2016)

SEFS Graduate Student Symposium Committee

Symposium Coordinator & Committee Member: University of Washington, School of Environmental and Forest Sciences, Seattle, WA. Professor David Ford, Supervisor. Assisting in planning and presentation of the symposium, promoting the symposium across the school, introducing panelists, and presenting awards. (2012 - 2014)

Pinchot Partners Collaborative

Board Secretary: Actively working to achieve the goals of the partners in promoting healthy forest watersheds and vibrant communities. Collaborating and coordinating with the forest service, participating in consensus-based decision making, and attending board meetings and general meetings. Participating in field trips and site visits. Updating and managing website, managing social media presence, and helping coordinate and facilitate annual planning and visioning workshop. (2013 - 2016)

REM Departmental Graduate Seminar Committee

President and Public Relations Officer: Simon Fraser University, School of Resource and Environmental Management, Burnaby, B.C. Inviting and organizing professionals for the seminar series, introducing speakers at weekly seminars, and promoting the departmental seminar series campus wide. (2006 - 2007)

Burnaby Mountain Toastmasters

Vice President Public Relations Officer: Simon Fraser University, Burnaby, B.C. Maintaining and updating the club website, promoting and coordinating open house events, advertising campus wide, and hosting Toastmasters Club Days promotional events. (2007 - 2008)

CONFERENCES ORGANIZED

Session Organizer. (2016) *IFSA US regional meetup: strengthening the IFSA SAF connection*. Society of American Foresters National Convention, Madison, WI.

Session Organizer. (2015) *Northern America regional workshop*. IFSA Canadian American Regional Meeting. University of Laval, Laval, Quebec.

Symposium Organizer. (2013). *The Future of Forestry*. School of Environmental and Forest Sciences Graduate Student Symposium, University of Washington, Seattle, WA.

WORKSHOPS FACILITATED

Lenentine, M. M & Aydogan, M. (2021, June). *HtmlQ Demonstration*. Presented at the Monthly ZoomQ Seminar [Online]. <https://www.youtube.com/watch?v=AeqW7T6cTxw&t=552s>

Lenentine, M. M. & E. Lenentine (2019, September). *Cultivating Fertile Social Soil for Community Conversation with the TLLR Tool*. Presented at the West Coast Intentional Communities Conference, OUR Ecovillage, Vancouver Island, British Columbia.

Lenentine, M. M. (2019, February). *Mindful Teaching and Learning: Contemplative Pedagogy for the Classroom*. Presented at the Center for Teaching Excellence, University of Hawaii, Honolulu, HI.

Lenentine, M. M. (2019, March). *Introduction to the TLLR Tool*. Presented at Lokahi Farm, Hawi, HI.

- Lenentine, M. M. (2019, February). *Introduction to Social Permaculture*. Presented at Mouna Farm, Waianae, HI.
- Lenentine, M. M. (2019, February). *Effective Meetings, Gatherings and Social Permaculture*. Presented at the North Shore Farmers Union Meeting, Waihuena Farm, Haleiwa, HI.
- Lenentine, E., Lenentine, M. M. & K. Wyman. (2018, July). *CEO Dialogue*. Presented at the Flow State Summit, Bellingham Arts Quarry, Bellingham, WA.

CONFERENCE PRESENTATIONS AND INVITED TALKS

- Lenentine, M. M, Aydogan, M., Aliani, R., Marder, S., Øverland, K., Harkinson, S. and S. Ramlo (2021, October). *Growing our Q Community in Unprecedented Times*. Panel presentation at the 37th Annual Conference for the International Society for the Scientific Study of Subjectivity [Online]. https://www.youtube.com/watch?v=IX_Ib0KxyI8
- Lenentine, M. M. (2021, January). *Creating Sacred Space*. Presented as part of the Gems from the Wisdom Traditions Series [Online], Still & Moving Center, Honolulu, HI.
- Lenentine, M. M. (2020, April). *Re-Becoming People of Place: Caring for the Earth and All Beings*. Presented as part of the Gems from the Wisdom Traditions Series [Online], Still & Moving Center, Honolulu, HI.
- Lenentine, M. M. (2019, September). *Social Permaculture & Climate Change*. Presented at Art Talks for Climate, Velocity Dance Center, Seattle, WA.
- Lenentine, M. M. (2019, September). *Zone 00: Intrapersonal Ecosystems & Systems for Self-Care*. Presented at the Northwest Permaculture Convergence, Lost Valley Community, Dexter, OR.
- Lenentine, M. M. (2019, September). *Community Roles & Village Tenders*. Presented at the West Coast Intentional Communities Conference, Vancouver Island, British Columbia.
- Lenentine, M. M. (2019, January). *Biofuels, Wolves and ATVs: Using Q-Methodology for assessing stakeholder perspectives*. Presented at the NREM Seminar, University of Hawaii, Honolulu, HI.
- Lenentine, M. M. (2018, September). *Hawaii, Italy and the Northwest: Ecovillages, Permaculture Farms and Eco-Intentional Communities*. Northwest Permaculture Convergence, Toledo, WA.
- Lenentine, M. M. (2016, November). *Anticipating social acceptability in forestry: A Q-method approach for structuring stakeholder perspectives*. Results presented at the Society of American Foresters National Convention, Madison, WI.
- Lenentine, M. M. (2015, August). *People matter; effectively gauging social acceptability in natural resource planning*. Paper presented at the International Forestry Graduate Student Symposium: Ensuring Life for All, Manila, Philippines.
- Lenentine, M. M. (2015, March). *Examining social perceptions of hybrid poplar biofuels in the Pacific Northwest*. Research proposal presented at the School of Environmental and Forest Sciences Graduate Student Symposium, Seattle, Washington.

- Lenentine, M. M., & Asah, S. T. (2013, September). *Exploring stakeholder perceptions of biofuels: a typology of possible stakeholder meanings for the term "biofuels"*. Poster presented at the Advanced Hardwood Biofuels Research Consortium Annual Meeting, Corvallis, Oregon.
- Lenentine, M. M., & Asah, S. T. (2013, September). *Toward growing hybrid poplar as feedstock: farmers' perceived motivations and constraints*. Poster presented at the Advanced Hardwood Biofuels Research Consortium Annual Meeting, Corvallis, Oregon.
- Lenentine, M. M., & Asah, S. T. (2012, September). *Stakeholder attitudes toward "hybrid poplar biofuels": a thematic analysis of online news articles, websites, blogs and user generated content*. Poster presented at the Advanced Hardwood Biofuels Research Consortium Annual Meeting, Boardman, Oregon.
- Lenentine, M. M. (2011, October). *A participatory approach for successful community engagement: designing a strategy for community-based collaboration in Packwood, Washington*. Poster presented at the Society of American Foresters National Convention, Honolulu, HI.

PUBLICATIONS

- Lenentine, M. M. & Asah, S.T. (2021) *Diagnostic Problem Framing of Hybrid Poplar Biofuels in the Pacific Northwest*. Manuscript in progress.
- Lenentine, M. M. (2017). *Social Perspectives on Hybrid Poplar Biofuels in the Pacific Northwest: Structuring Stakeholder Viewpoints and Analyzing Media Content* (Doctoral dissertation).
- Asah, S. T., Lenentine, M. M., & Blahna, D. J. (2014). Benefits of urban landscape eco-volunteerism: Mixed methods segmentation analysis and implications for volunteer retention. *Landscape and Urban Planning*, 123, 108-113.
- Lenentine, M. (2009). *The brave new world of forestry: designing a participatory strategy for successful community-based collaboration in Packwood, Washington*. M.R.M. research project no. 480, School of Resource and Environmental Management. Burnaby, BC: Simon Fraser University.
- Lenentine, M., Krishnaswamy, A., Morford, S. & J. Jeffery (compilers). (2008). *Social science and natural resource management research directory*, Version 2. FORREX Forum for Research and Extension in Natural Resources, Kamloops, B.C. FORREX File Report No. 05-01.
- Lenentine, M. (2008). Developing a social science and natural resource management curriculum. *LINK*, 10, 16-17.
- Lenentine, M. (2008). Updating the SSNRM directory and creating an online database. *LINK*, 10, 17.

EXAMPLE COURSES PREPARED TO TEACH

Introduction to Environmental Studies
Introduction to Ecopsychology
Collaborative Natural Resource Management
Survey of Social Science Research Methods
Qualitative Research Methods
Environmental Communication
Shinrin-yoku (森林浴) Forest Bathing
Contemplative Pedagogy

HONORS AND AWARDS

Celebrating Magnificence in Our 'Ohana Recognition (*Still and Moving Center*: 2021)
Marvin Klemme Fellowship Award (*School of Environmental and Forest Sciences*: 2017)
Graduate Student of the Year Nominee (*School of Environmental and Forest Sciences*: 2015, 2017)
RSO Student Travel Award (*University of Washington*: 2016)
Graduate Student Travel Award (*School of Environmental and Forest Sciences*: 2015)
Outstanding Community Impact Award (*College of Environment*: 2015)
Xi Sigma Pi Forestry Honor Society (2012-2015)

PROFESSIONAL CERTIFICATIONS

Nature & Forest Therapy Guide Certificate. Instructor: Amanda Yik & Vicky Kyan (2021 - Present)
Permaculture Design Certificate. Instructors: Andrew Millison & Kelda Lorax (2019)
Social Forestry Advanced Permaculture Certificate. Instructor: Tomi Hazel. (2018)
Social Permaculture Intensive. Instructors: Starhawk and Pandora Thomas. (2018)
Permaculture Teacher Training. Instructors: Pandora Thomas and Lisa Depiano. (2018)
200-hour Yoga Teacher Training. Synergy Yoga. Instructors: Jodi Boone & Tami Hafzalla. (2018)
Yoga Teacher Alliance Certified Teacher (2018)

PROFESSIONAL AFFILIATIONS

International Society for the Study of Subjectivity
Society for Human Ecology
Society of American Foresters
International Ecopsychology Society
Association for Contemplative Mind in Higher Education
Association of Nature and Forest Therapy
Toastmasters International