

University of Northern Iowa

UNI ScholarWorks

Robert and Yvonne Koob Fund for Student
Community Engagement Recipients

Robert and Yvonne Koob Fund for Student
Community Engagement

Spring 2020

Steffany Kroeger - Irving Elementary School

Steffany Kroeger

University of Northern Iowa

Let us know how access to this document benefits you

Copyright ©2020 Steffany Kroeger

Follow this and additional works at: https://scholarworks.uni.edu/koob_recipients

Recommended Citation

Kroeger, Steffany, "Steffany Kroeger - Irving Elementary School" (2020). *Robert and Yvonne Koob Fund for Student Community Engagement Recipients*. 7.

https://scholarworks.uni.edu/koob_recipients/7

This Report is brought to you for free and open access by the Robert and Yvonne Koob Fund for Student Community Engagement at UNI ScholarWorks. It has been accepted for inclusion in Robert and Yvonne Koob Fund for Student Community Engagement Recipients by an authorized administrator of UNI ScholarWorks. For more information, please contact scholarworks@uni.edu.

Offensive Materials Statement: Materials located in UNI ScholarWorks come from a broad range of sources and time periods. Some of these materials may contain offensive stereotypes, ideas, visuals, or language.

Steffany Kroeger - Irving Elementary School

Robert and Suzanne Koob Fund for Student Council Activity Engagement

Student Note: Please work with your internship supervisor to fill out this form. Once completed, return to Suzanne Koob (Kroeger@waterloo.ca).

Name Steffany Kroeger Agency Irving Elementary, Waterloo Schools

Intern's Phone Number and E-mail Address

Organization Contact Person and Phone

Dr. Megan Whalen

Academic Advisor and Phone Dr. Davis-Gase

Future Plans for student

What did you accomplish during your internship?

Multiple MB Tools trainings at Irving, Beeter, and Kingsley. Follow up mindfulness sessions during PD days. Modified & taught mindfulness & movement sessions for each grade level at Irving.

* Bonus - offered MB Tools + mindfulness training for UN/1st year art students.

How did the internship benefit the student?

Learned skills in networking, researching, developing quality presentations and public speaking. Learned cultural & social policies in Waterloo Schools.

How did the internship benefit the agency?

MB Tools website + Trainings provided evidenced based mindfulness practices tailored to each school's needs, support resources and a lending book library at Irving.

How does the internship benefit the community?

Teaching students and teachers healthy coping strategies and wellness at a young age provides opportunities for self growth and overall wellness as a community. When teachers feel well, they teach better. When students feel well they learn better.

(Student to complete) One quote that describes the experience gained from completing this internship (to be used for promotional materials; please specify author of quote)?

"The key to realizing a dream is to focus not success, but significance, and then even the small steps and little victories along your path will take on greater meaning" - Oprah

(Intern supervisor to complete) One quote that describes the impact the intern had on the community (to be used for promotional materials; please specify author of quote)?

"Just as ripples spread out when a single pebble is dropped in the water, the actions of an individual can have far reaching effects."
- Dala Lama

Please provide:

- A reproducible photo of the intern in action at their internship for media purposes
- If applicable, 2 copies of materials created by the intern including but not limited to: books, program materials, videos, promotional materials etc.