

# MARIA THOMAS

Instructional Technology Resource Teacher



*Maria Thomas*

## Contact

📍 6443 Clare Rd., Norfolk VA 23513

📞 +757-606-4280

✉️ maria.solock@gmail.com

## Education

De La Salle University | MA Educational Technology  
(27 units)

Mapua Institute of Technology | BS Industrial Engineering

## Certifications

Apple Teacher | 2020 - present

NBCT in AYA Math | 2016-2026

Collegiate Professional | Expires 2033  
License in Mathematics

## Personal Skills

Skilled in Drone Videography and Photography  
Graphic Design using Canva  
Innovative  
Creative  
Team Player  
AP Statistics Teacher

## Profile

Dedicated to serving teachers, students and administrators by using a unique combination of expertise in effective technology integration skills and teaching methodologies.

- Holds 33 units of graduate studies in the areas of math and educational technology.
- Experienced and highly knowledgeable in Canvas, Canva, Adobe Express, Google Suite, MacOS and Windows OS, Blackboard (website maintenance), SMART IFP boards, Clever, Synergy, Microsoft Apps, Frontline PD, Frontline Asset Management

## Experience

### INSTRUCTIONAL TECHNOLOGY RESOURCE TEACHER (ITRT)

Norfolk Public Schools | 2018-present

- Supports teachers in integrating technology to enhance 21st-century learning
- Designs and facilitates professional development on tools like Canva, ChatGPT, Gemini, and MagicSchool AI
- Developed and maintains NPS's AI in Education Canvas course
- Creates and curates instructional modules in Canvas for teachers, staff, and students
- Coaches new teachers full-time, focusing on planning, engagement, and digital strategies
- Evaluates new and emerging technologies for classroom effectiveness and teacher efficiency
- Promotes responsible, creative, and equity-driven AI use in education

### HIGH SCHOOL MATH TEACHER

Norfolk Public Schools | 2023-present

- Teaches AP Statistics using flipped instruction, Math Medic, and Building Thinking Classrooms models
- Integrates video-based lessons, collaborative learning, and real-time formative feedback
- Uses AI tools to enhance lesson design and student reflection

Virginia Beach City Public Schools | 2006-2018

- Taught a range of courses: Algebra I, Algebra II, Algebra II/Trig, Trigonometry, AFDA, Probability & Statistics, and Computer Programming
- Designed tech-integrated lessons that promoted deeper understanding and student ownership

Various Private Schools in the Philippines | 1996-2005