

Grace Stempel
New York, NY | (718) 406-4683 | gracestempel@gmail.com

EDUCATION

Princeton University

Princeton, NJ

Bachelor of Arts in English, Minor in Computer Science (GPA: 3.756)

May 2021

Skills: Wilderness First Responder, Basic Life Support (CPR + AED), Wilderness Water Safety, Microsoft Office, Google Suite, Salesforce, Java, C, Assembly (ARM), Go, OCaml, Python, SQL, Conversational Spanish

WORK EXPERIENCE

Voyageur Outward Bound School

Ely, MN

Lead Instructor

June 2021 - Present

- Oversee groups of at-risk youth, ages 14 to 21, in three to four week self-supported wilderness canoe-trekking courses. Teach resilience, self-reflection, and communication using experiential learning techniques such as conflict resolution, psychological first-aid, and motivational interviewing for positive behavior change.
- Manage multi-day conferences focused on restorative justice and goal-setting. Reunite student families and facilitate conferences to heal family relationships and to apply learnings and student character growth from an outdoor setting back to the frontcountry.
- Teach groups of teens/adults (ages 16+) how to cross-country ski, dogsled, and winter camp with an expeditionary mindset on one to two week courses. Manage the self-care and inherent risk of winter travel for up to seven students and eleven sled dogs at temperatures ranging from -40 to 30 degrees Fahrenheit.
- Organize and maintain the logistics and care of camping food and gear costing \$5000+, guaranteeing that all participants were well-equipped and safe while in the backcountry.

NYC Outward Bound Schools

New York, NY

Instructor

Sep 2021-Nov 2022

- Cultivate character growth, leadership, and community using experiential learning techniques for groups of low-income, NYC public-school students ages 11 to 18 through challenging, multi-day wilderness-based programming.
- Develop an inclusive and safe learning environment for underrepresented youth in the outdoors. Ensure that students from all racial, ethnic, and religious backgrounds were supported in their first outdoor experience by demonstrating cultural competence and group management skills.

The Cliffs Climbing and Fitness

New York, NY

Instructor

Dec 2022 - Present

- Teach introductory climbing classes focused on rope safety and climbing technique in an urban, commercial gym setting. Ensure AMGA safety standards are met while cultivating a fun and engaging learning environment.

Outdoor Action

Princeton, NJ

Frosh Trip Coordinator

June 2019 - Sep 2019

- Coordinated Princeton's outdoor orientation program, the largest in the U.S., with 650 participants and 170 leaders.
- Researched camping regions and regulations, gear, and leadership techniques to chart backcountry routes, manage gear inventory. Paired 73 orientation groups while balancing safety requirements, leadership styles, and special needs such as dietary restrictions and religious observances.