

PATH Program

(Professional Authentic Transformational Holistic)

PO Box 793 Lenox, MA 01240

Phone: 413-448-3125 E-mail: volunteer@kripalu.org

Part A. PERSONAL INFORMATION

Today's date 3 / 9 / 06

Name Holly Peterson

Preferred name Holly

Address 39 Lovejoy Road
Andover, MA 01810

Country U.S.

E-mail hpeterso@riscd.edu

Phone 978-857-7135

Alternative Phone 978-470-2479



Gender Female

Occupation(s) Student

*****You must be 18 years or older to participate in this program*****

Part B. BACKGROUND INFORMATION

1. How did you hear about Kripalu Center?

I heard about Kripalu Center through an internship search on RISD's ArtWorks website.

2. Have you volunteered in a Kripalu program? What and when?

No.

3. Do you engage in any spiritual practices? What are they and how are they important to you? I have attended several guided meditation sessions with a Tibetan lama, but do not have a general routine of spiritual practices.

4. What attracts you to PATH?

PATH seems like the perfect combination of learning and working for others.

5. How do you feel about working with others? Alone?

When given an option, I prefer working in a group with others, but I can also be very self-motivated and productive on my own.

8/05 When in a group, I am comfortable in both leadership and supporting positions.

Part C. Volunteer Participation

Volunteers serve 35 hours a week and are placed in one of three areas listed below. Please take a look and number them from 1 to 3 based on your preference. (Please note that we cannot always meet your first request.)

3 **Production** – This includes set up/breakdown of guest programs, inventory management, basic computer tasks, teamwork with other volunteers, interface with Kripalu presenters and guests, audio-visual equipment testing, etc. It's a steady paced environment with the largest number of volunteers, creating a dynamic work atmosphere.

1 **Office Administration** – Positions exist in various departments, including Professional Training, Accounting, Volunteer Programs, Development, Programs, * design department Marketing, and others. The positions require basic computer skills in email, Word and Excel. If you are comfortable learning these tasks but do not have current skills, we may be able to work with you. Some jobs have more specific requirements, which can be discussed once your application has been reviewed.

2 **Maintenance/Grounds** – These positions can be indoor and outdoor and require an ability to climb ladders, cut grass, arrange landscaping, etc. and a person who enjoys working on a team. If you have particular skills in any of these areas, it's a plus, but not a requirement. If you enjoy working with your hands, this is a great department.

We have additional positions that require and further develop specialized skills. Please note any areas of special experience or interest so we can discuss available positions during your interview.

The PATH Program runs from three months to one year. What's your desired length of participation? From March or April to August or September

What month are you interested in starting the PATH Program?

Month March/April Year 2006

If you cannot start in your desired month, could you start in the months that follow?

Please explain. I can start any time, but would prefer to start as soon as possible.

Is there a definite date you will need to leave by (due to other responsibilities)? If so,

when? September - I start school again

Please Note: Length of participation is contingent upon available positions.

Professional References: Please include two contacts

Name Bobby Donovan Title Herd Manager
Company/ Organization Ironstone Farm Relationship Supervisor
E-mail Ironstone Farm@ Phone 978-475-4056
challenge Unlimited. org

Name Louise McGill Title Owner
Company/ Organization ZephyrCore Stable Relationship Boss
E-mail ZephyrStable@cs.com Phone 775-588-5664

*****Please remember to enclose your current resume (if available).*****

Part D. REFLECTIVE ESSAYS

Please choose and answer 2 of these questions on a separate sheet of paper.

- 1. Describe a production you've worked on collaboratively and explain what you learned about yourself and your skills in the process.

2. What are you passionate about? How do you hope to explore your passions through your participation in PATH?

- 3. "Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the questions now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer." – R. M. Rilke, 1903

How does this quote relate to your life and aspirations?

4. Choose a historical figure to be your boss. How do you imagine you would collaborate? What conflicts might arise and how would you address them?

Part E. COMMUNITY LIVING

Living in a community environment presents many joys as well as challenges. Briefly describe a community-living experience in your life.

See separate page at end.

Part F. CONFIDENTIALITY AND INTEGRITY

To expedite the application process, we ask your consent to contact by phone or letter any employer and/or health practitioner whom you indicate as having knowledge of your employment and/or physical or mental health. By signing below, you are giving permission to Kripalu Center to contact any of the employers and/or practitioners listed in your application.

By signing below, you are acknowledging that you understand there are no medical practitioners on staff at Kripalu Center. You are also agreeing that in the event of an acute illness and /or injury, you will seek medical attention from a physician.

By signing below, you are also agreeing to cover any medical or psychotherapeutic costs you incur while a participant in the PATH Program. Signing below also acknowledges that all the information included in this application is true and complete. **You understand that withholding information can lead to termination of your participation in volunteer programs at Kripalu Center.**

Holly Peterson 3/9/06
Signed Date

APPLICATION CHECKLIST

- ☒ Completed Application
- ☒ Medical Information Form
- ☒ Resume
- ☒ Application processing fee (\$50 check or money order made out to Kripalu Center)

Send packet to:

PATH Program
Kripalu Center for Yoga & Health
PO Box 793
Lenox, MA 01240

Name Holly Peterson

Medical Information Form

It is essential that you answer the following questions completely and truthfully, as your physical, mental, and emotional health are important factors in determining how our program can best work for you.

1. Please briefly describe your current overall health.

I am in good overall health.

2. Do you have any physical conditions or health concerns (e.g. back problems, severe depression) that could impact your ability to participate fully in this program? If yes, please explain.

no.

3. Do you have any trouble with joints (knees, shoulders, ankles, etc.)? If yes, please describe.

no.

4. Blood Pressure: Normal/Abnormal

When was it last checked?

2/12/06

5. Check any of the following you have or have had.

Chronic headaches _____

Ulcers _____

Strokes _____

Diabetes _____

Allergies Ammoxicillon - gives me hives.

Food allergies _____

Chemical sensitivities _____

****Please explain in detail if any checked above.**

6. Are you currently seeing a physician or therapist? If yes, for what conditions?

no.

Is your doctor/therapist aware you are attending this program? _____

May we contact your doctor/therapist in case of emergency? _____

Name/phone of doctor/ therapist _____

7. Are you currently taking any medications? If yes, what medications and how often?

no.

8. Have you ever had an alcohol or substance abuse problem? If yes, please explain.

no.

9. Have you ever been in an alcohol or substance abuse program? If yes, please explain.

no.

10. Have you been hospitalized within the last three years for medical or psychological care? If yes, please explain.

no.

11. Are you a smoker? no. If yes, please review Kripalu guidelines for smoking.

12. What drugs, if any, do you currently use?

none.

13. Are you in recovery for less than one year for an addictive process? If yes, please explain.

no.

15. Have you ever been convicted of a crime? If yes, please explain.

no.

Emergency contact information:

1) Name Fran / Scott Peterson Relationship Parents

Phone ^{home} 978-470-2479 ^{cell} 978-857-7135

Address 39 Lovejoy Road, Andover, MA 01810

1) Name Ethel Day Relationship Aunt

Phone am 508-866-9697 pm 508-961-2020

Address 6 South Meadow Road, Carver, MA 02330

D. Reflective Essays

1. Describe a production you've worked on collaboratively and explain what you learned about yourself and your skills in the process.

Before college, I spent a weekend about every month at Young Friends retreats, where Quaker youth from all over New England can get together to have workshops, make friends, and center our minds. One of my years as a Young Friend, I was nominated by my peers to be part of Ministry and Counsel (M&C), a small group that acts as peer leaders for the group of 50 or 60 high schoolers. During my time in M&C, I had many opportunities to work with both the smaller and larger groups to help organize projects and strengthen our community.

One of our biggest projects in M&C that year was redefining our smoking policy for retreats. As you can imagine, there are many strong and opposing opinions about the topic. In Quaker process, it is necessary to come to complete consensus on any topic before a final decision can be made, so that no opinion, no matter how small, can be left out. On one side, it was argued that cigarette smoking was harmful to the health of the smoker, disruptive to the community if smokers left planned events to smoke, and disruptive to individuals who felt uncomfortable around the smell of smoke. On the other hand, it is in Quaker tradition to accept all people, regardless of any faults, and it was felt that we would not be supporting our Friends with addiction problems if we created restrictions that would prevent them from attending retreats. Even as a non-smoker, and advocate for healthy living, I found myself torn. I was very sympathetic with the people who felt uncomfortable around smoke, and did not want to support unhealthy habits, but I also believe that unconditional support for friends is always necessary, especially when someone is struggling to overcome a strong addiction.

In the process of coming to consensus, (which took a large portion of our meeting time throughout the entire year) I learned a lot about myself and the way that I work with people. I am naturally a shy person, but I tend to have strong and well thought out opinions that my peers take seriously. Although I didn't speak constantly in meetings, when I did state an opinion, it was something that took into account everything else that had been said, and could help to steer the group's conversation towards a group consensus, even though I would not know until the end of that year what our final consensus would be. After a while, I grew to trust my peers a lot more, and could open up and offer suggestions more easily. Overall, working in that group helped me to overcome some of my shyness about sharing my opinions, and taught me to stretch my mind to understand all sides of an argument, so that a solution could be found that satisfied everyone instead of only a majority.

2. *"Don't search for the answers, which could not be given to you now, because you would not be able to live them. And the point is to live everything. Live the question now. Perhaps then, someday far in the future, you will gradually, without even noticing it, live your way into the answer."*

If someone were to ask me what I wanted to be when I grow up, I would have no idea what to tell them. I want to be so many things. I could tell them that I want to be an artist, or a designer, or a goat farmer, or a teacher, or any number of things all of which would be true. At the same time, none of them are the single thing that I truly want to be. It may not be possible to be all of those things at once, but I have never felt the need to pick one now to pursue as a single goal. I am a firm believer in keeping my options open. I take life in small steps, doing what seems right at the moment, slowly moving towards the open question of my future. Many of the choices I make in life steer me closer to a clear outcome. Others actually make my future even blurrier. Sometimes I find this second type to be even more valuable than the first.

On my twentieth birthday, I decided to take a trip with my family to northern New Hampshire to visit a cashmere goat farm. Being there, and talking to the owner of the farm about her experiences and her business sparked my enthusiasm for working with and owning animals. I had just finished my first semester in painting at the Rhode Island School of Design, amongst people who were shocked to learn that I owned goats at all, let alone that I was actually interested in pursuing goat farming more seriously. It was at that point that I decided to switch my major from painting to graphic design.

Choosing to go to RISD was a very important decision for me, and it definitely pointed me in a positive direction. I am a very creative and artistic person, and while I excelled in many subjects in high school, including math and science, I knew that art was where I could be truly passionate. The choice to attend RISD was one that narrowed the possibilities for my future, pointing me in a clear direction towards a future in the arts. When it came time to choose my major, I saw it as another opportunity to narrow my options, hopefully honing in on what I truly want to do when I grow up. When viewed in that light, painting seemed like an easy choice. But what I hadn't taken into account was the whole scope of other possibilities in my life. It wasn't until I was standing in freezing Jefferson, NH, next to a fuzzy gray goat, that I had this realization. Art is a very important part of my life, and RISD was a very good choice for me, but I have other passions too, and while a life as a painter would be fun, it would not leave me with as many options to pursue other things. Painting was a clarifying choice, but graphic design is a blurring and expanding one. With a concentration in graphic design there will be many opportunities for me to provide my services to people, create beautiful art, and still have time and money to put into another one of my crazy side projects, whatever that may be.

E. Community Living

Living in a community environment presents many joys as well as challenges. Briefly describe a community-living experience in your life.

One of my earliest experiences with community living was at Young Friend Quaker retreats in middle school and high school. About 50 kids and several leads lived together in a Quaker meeting house for a weekend every month. We all slept in sleeping bags on the floor of the main meeting room. Guidelines for living were in the form of "commitments" instead of "rules" which created a sense of community and trust instead of tension between kids and adults. Everyone worked together to get chores done. Even in the short weekends I was there, I made some of the best friends I have, because the community was so strong. It also helped me to learn how to work together with people in close quarters, which helped a lot in my transition to college dorm living.

HOLLY PETERSON

978-857-7135

hpeterso@risd.edu

696 Moraine Street
Marshfield, MA 02050

39 Lovejoy Road
Andover, MA 01810

OBJECTIVE: Position as an intern in a graphic design firm allowing me to gain insight and experience in the world of professional graphic design.

EDUCATION: **Rhode Island School of Design**, Providence, RI, 2004 – 2008, Major: Graphic Design
Hollins University, Roanoke, VA, 2003 – 2004, Major: Art
Pratt Institute, Brooklyn, NY, summer 2003, Concentration: Architecture
Rhode Island School of Design, Providence, RI, summer 2002, Concentration: Illustration

SKILLS: **Art and Design:** Strong understanding of the basics of color and design as applied to both painting and graphic design; acute sense of craft; experience with a wide variety of media.

Computer: PC and Mac experience; Photoshop CS; some GoLive website design experience.

People: Able to communicate clearly and efficiently with a wide range of different types of people; versatile in group situations, able to work either as a leader or cooperative team member as needed; experience as a tutor, camp counselor, and tour guide.

Organizational: Very organized; great with time management; strong attention to detail; able to manage multiple tasks at once.

EMPLOYMENT: **Zephyr Cove Stable**, Lake Tahoe, NV, summer 2005
Guided trail rides for tourists; gave talks about the region, wildlife, and horsemanship.

Family Dollar, Marshfield, MA, summer 2004
Store opening crew, cashier, organized and cleaned store.

Ironstone Farm, Andover, MA, 1991–2003
Camp Counselor: Taught vaulting and horsemanship skills; mentored and assisted disabled campers.
Daily Coordinator/Hostess: Greeted clients, organized lesson schedule, supervised working students.

AWARDS: Rhode Island School of Design Honor Student, 2005
National Honor Society, 2003 – 2004
Nominated for and attended Art-All-State in Massachusetts, 2003.
Andover High School Award for Achievement in Painting, 2003.
Andover High School Awards for Excellence in English and German, 2003.