

ALINA TUCKER

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SUMMARY

My research and practice focuses upon vitality and well-being in times of crisis and transition. I am a graduate student in Earth Systems at Stanford University weaving an interdisciplinary focus on indigenous cultures, health, and environmental stewardship as an educator. I am a trained doula who works with mothers and youth. I explore the ways engagement with the natural world can facilitate healing for the human nervous system.

RELEVANT EXPERIENCE

2022 OFFICE OF RELIGIOUS AND SPIRITUAL LIFE - STANFORD
Fellow
Lectured and assisted the instruction of "Meeting the Moment: Inner Resources for Hard Times," a course that provides students with resilience skills.

2021 - present PROGRAM ON INTERNATIONAL AND CROSS-CULTURAL EDUCATION - STANFORD
Guest Lecturer
I instruct Japanese high-school and college students on the subjects of compassionate leadership, mindfulness, somatic healing, and environmental stewardship.

2020 HOPE CLINIC FOR WOMEN
Patient Health Educator
Provided detailed instructions for at-home medical abortions, contraceptive options counseling, and post-abortion doula care as needed.

EDUCATION

2018 • B.A. African & African American Studies, Minor in Human Biology
2019 • McKinnon Body Therapy Center
2023 • M.A. Environmental Communication, Earth Systems (in progress)

ACCOLADES

Innate Postpartum Care Certification, 2022 (in progress)
Sumi's Touch Doula Certification, 2020
Roots of Labor Doula Certification, 2019
CPR/First Aid Certification, 2019
Dean's Award for Academic Excellence, 2018
Major Grant Recipient, 2017
2018 IDA - STANFORD
Director's Assistant / Dramaturge
Directed research that sustained the historical integrity of the devised performance, Revival: Millennial Remembering in the Afro Now (Stanford Theater and Performance Studies).

2018 IDA - STANFORD
Student Co-Chair
Assisted in directing community center programming and kept simultaneous projects on schedule while supervising 10 artist fellows.

2017 TAPS - STANFORD
Scene Shop Carpenter & Seamstress
Assisted in the construction of sets and costumes for the Theater and Performance Studies department. Specialization in scenic painting and installation design.

SKILLS

Archival Research

Teaching

Counseling

Public Speaking

Design

Arts Practice

Crisis Care

Holistic Nutrition

Environmental Leadership
