



## **Anne Sowinski**

### **Education:**

Bachelor of Arts in Psychology  
Saint Mary's College, Notre Dame, IN

AMI Elementary (6 to 12) Training  
Montessori Institute of Milwaukee, Milwaukee WI (In Progress)

I have been the Middle School Directress at Keystone since the 2005-2006 school year, also periodically working with the Upper Elementary (9 to 12) students on supplementary projects. I attended Montessori schools as a student from age 3 (Children's House), all the way through the Middle School (12 to 14) program. The well-rounded nature of Montessori education helped me transition successfully into rigorous high school and college environments. This also fostered my deep gratitude for this beautiful method of education, so much so that I decided to pursue a career path in Montessori in order to share it with others!

I live in the suburbs of Chicago with my husband, son and daughter (both Montessori students), and our two dogs. I love to run, hike, bake, cook, read, and spend time with my family. Our family also enjoys giving back to our community by volunteering for a variety of organizations including Feed My Starving Children, the Northern Illinois Food Depository, St. Michael's Catholic Church Religious Education (working with youth ages 4 through 14), PADS and Housing Forward, Misericordia, and our son's local BSA Troop.

As a Senior in college at Saint Mary's of Notre Dame, I was required to complete and present a Senior Comprehensive Project. As a psychology major, I decided to explore whether there was research on uses of Montessori theory other than with children. To my surprise, I found a substantial amount of research on Montessori methods and materials being successfully used in memory care for elderly dementia patients. After completing my literature review on these studies, I realized how the Montessori theory can be applied in so many diverse circumstances with such powerfully, positive outcomes!