

# Laurel Cowan

BA (Geography), SCD Certificate, Dipl. (Planning)

## Word Processor



## Biography

Laurel is a word processor/administrator with over 8 years of administrative experience and an educational background in urban planning, geography, and sustainable community development. She is passionate about social equity, community engagement, and environmental design. Throughout her volunteering and education she has researched sustainable landscaping, environmental and social issues relating to consumption, neighbourhood/community-based design, and sustainable land use planning. In her spare time she can be found hiking, paddling, or snowboarding throughout beautiful BC.

## Professional Experience

- **2011 – Present**  
Word Processor, HB Lanarc-Golder, Vancouver, BC
- **2011**  
Research Intern, Habitat Carbon Assets, Vancouver, BC
- **2011**  
Administrator, BC Association of Professional Archaeologists, Port Moody, BC
- **2003 – 2011**  
Office Administrator/Manager, ESL Pro Systems, Port Moody, BC

## Select Project Experience

### WORD PROCESSING

- City of Edmonton Green Building Plan
- City of Surrey Community Energy and Emissions Plan
- City of Whitehorse Whistle Bend Phases 3-5 Opportunities and Constraints Report
- City of Campbell River Agriculture Now Plan
- Prince George Official Community Plan

### EDUCATION

- 2011**  
Bachelor of Arts (Geography),  
Simon Fraser University, Burnaby, BC
- 2011**  
Sustainable Community Development  
Certificate, Simon Fraser University,  
Burnaby, BC
- 2009**  
Applied Urban and Rural  
Planning Diploma, Langara College,  
Vancouver, BC

### AWARDS

- 2011**  
Graduation with Distinction, Dean's  
Honour Roll, Simon Fraser University
- 2010**  
Member, Golden Key International  
Honour Society
- 2008 – 2011**  
Numerous achievement based  
University scholarships including a  
Simon Fraser University Entrance  
Scholarship
- 2009**  
Graduation with Honours,  
Langara College

### COMMUNITY SERVICE

- 2011 – Present**  
Community Care Committee Member,  
Port Moody, BC
- 2009 – 2010**  
Group Administrator, Burnaby, BC
- 2009**  
Researcher and Writer,  
Society Serving Ourselves Sustainably