

Audrey Monke Bio (Long)

Audrey Monke has been the owner and director of Gold Arrow Camp in Lakeshore, California, since 1989 and is among the nation's most well-respected experts on the topics of summer camp, social skills, and parenting. She has a loyal following for her Sunshine Parenting website and podcast (sunshine-parenting.com).

Audrey served as president of the Western Association of Independent Camps board from 2007-2010. She is a regular contributor to the American Camp Association's *Camping Magazine* and the Camp Parents Blog, currently serves on the magazine's Editorial Advisory Committee, and is a regular speaker at national and local camp industry conferences. For her contributions to the camp industry, Audrey received the National Service Award from the American Camp Association in 2016.

Audrey's undergraduate degree is from Stanford University (BA, international relations, 1988), and she earned her master's degree in psychology from Fresno State University (2015). She conducted research on the impact of summer camp experiences on children's social skills and well-being, and her thesis won the Outstanding Thesis award for the psychology department.

In collaboration with parents, camp counselors, and teachers, Monke's mission is to help raise a generation of kids who become competent, kind, independent, and flourishing adults. Her book, *Happy Campers: 9 Summer*

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Camp Secrets for Raising Kids Who Become Thriving Adults, shares intentional camp practices parents can use at home to produce the same social and character growth that children experience during just a few weeks at camp.

Audrey is the mother of five kids (ages fifteen to twenty-five) and lives with her husband, Steve, and two teenage sons in Clovis, California.