Congratulations Spring 2021 Graduates!

Congratulations to the students of the Department of Kinesiology graduating in May/August 2021. We want to wish the prospective graduates the best in their future endeavors! Graduating with their bachelors degrees:

**BA. Sport Management:** Jennifer Danay, cum laude; Cassidy Darin, cum laude; Tyler Franc; Simon Hagen, cum laude; Dylan Kaczmarek; Matthew Mendoza; Andrew Pauli; Jarius Shannon; Michael Showers; Kaylynn Smith; Carter Steele; Jared Sutton; and Noah Ufheil, cum laude.

**BS. Human Performance and Fitness:** Brandon Baalman; Alec Buob; Colton Carr; Jacob Hillard, cum laude; Abbey Howes; Camryn Krawczyk; Laiken McAleer, cum laude; and Emily Southern.

**BS. Exercise Science:** Andrea Adam, magna cum laude; Jacob Braun, summa cum laude; Kase Cameron; Mikayla Carlson, cum laude; Lathan Carter; Hayley Coker, magna cum laude; Abraham Defrias; Gerhard Doyle, cum laude; Caleb Escudero, magna cum laude; Kylie Highbarger, cum laude; Jaiden Jarrard, summa cum laude; Thomas Kazanecki, magna cum laude; John Kerr; Evan Lins; Emma Marshall, cum laude; Samuel McElney; Matthew McEwen; Rebecca Meils; Janelle Moore, magna cum laude; Madelyn Murphy; Tyler Paulline, cum laude; Matthew Rutledge; Maitlyn Sanders; Abigail Scheidecker, cum laude; Bryn Schiffman, cum laude; Kyle Sellers, magna cum laude; Samantha Sharp; Allison Shirley, cum laude; Jacob Snyder, magna cum laude; Jordan Soto; Shraddha Sudhir, summa cum laude; Anna Thorson, summa cum laude; Kylie Vickers, cum laude; and Jacob White.

**BS. Exercise Science and Human Performance and Fitness:** Nelson Laingen.

**BS. Exercise Science and BA. Psychology:** Haley Rawls; and Anna Vinzant, cum laude.

**BS. Human Performance and Fitness and BA. Psychology:** Camryn Krawczyk.

Graduating with their **Master of Science in Exercise Physiology:** Reid Henry, Jack Haugen, and Gabrielle Meyer.

*Go Bees!*
Department of Kinesiology Awards—Graduates 2020-2021

We congratulate these graduating students receiving the 2020-2021 Department of Kinesiology Awards:

Distinguished Service Award (Exceptional contribution to the department through work study, volunteerism, or club leadership): Camryn Krawczyk

Distinguished Research Award (Design, results, or assistance in faculty research): Shraddha Sudhir

Above and Beyond (Class performance) - MS in Exercise Physiology: Gabrielle Meyer

Above and Beyond (Class performance) - Exercise Science: Andrea Adam, Emma Marshall, Bryn Schiffman, Anna Thorson

Above and Beyond (Class performance) - Human Performance & Fitness: Jacob Hillard

Above and Beyond (Class performance) - Sport Management: Cassidy Darin

Shraddha Sudhir Wins American Kinesiology Association Award

Shraddha Sudhir, who will be graduating summa cum laude with her BS in Exercise Science this May, was chosen for Honorable Mention for the American Kinesiology Association Award for Undergraduate Scholars. This award is given to only one student nationally, so to receive Honorable Mention is a great achievement. The award, recommended by their department faculty, honors students whose academic and leadership records are distinctive.

Shraddha achieved this in spite of having to spend Fall 2020 studying from her home in Bangalore, India, due to COVID restrictions on travel. She is also a member of the SAU Varsity Women’s Swimming Team and received the SAU Dept. of Kinesiology Distinguished Research Award.

Kinesiology Club News

This year was different than the past thanks to COVID, but it didn’t limit our fun! This year in Kinesiology Club we were able to meet so many different students with differing kinesiology majors. Members discussed why they chose this field and what specialty they were interested in after graduation. While also meeting each other, Kinesiology Club met to talk about students' favorite past kinesiology classes that they have taken and together, helped others set up new schedules for the following year.

One event that challenged the creativity of the Kinesiology Club members was a T-shirt design contest! With some punny different submissions, the winner was one that read “I get weak in the knees for Kinesiology”. The in-person meetings were held to create an environment for the students to feel comfortable with officers and other students. Later in the semester, Kinesiology Club held an election for the new 2021-2022 officers. We are excited to see Kinesiology club grow next fall, and what new ideas we are going to learn!

The new officers for Kinesiology Club 2021-2022 are:
President - Quinn Farrell
Vice President: Logan Ryan
Secretary: Daniel Koos
Treasurer: Patrick Crowley

Submitted by: Ireland Stewart (Secretary 2020-2021)
Dr. Eikleberry receives Young Educator Award

In April, Dr. Sarah Eikleberry was honored by the Jaycees of the Quad Cities with the Young Educator Award. The award recognizes those whose leadership has made a significant impact in our local community by addressing social and civic issues, addressing health or environmental concerns, or promoting the arts and humanities.

Dr. Eikleberry presents at the North American Society for the History of Sport Annual Meeting

In May, Dr. Sarah Eikleberry will present her work on gender in segregated summer camps at the annual meeting of the North American Society for the History of Sport. Rather than meet in Chicago, the meeting will be virtual. You can view the cool seven-minute presentation "Gender and Adult Possibilities in Iowa's Segregated Summer Camps, 1924-1950" with this link: https://mail.google.com/mail/u/0/#starred/jrjtXSqXkpsqcsGpZxh-CIfrBQPmknHFHnpPQgTPkqHmgkfbwndKHBRmFqnLjGvsHPClvqKj?projector=1

Dr. Seneli has article published in Journal of Electromyography and Kinesiology

Dr. Rhiannon Seneli, along with KE Beschorner, KM O’Connor, KG Keenan, JE Earl-Boehm and SC Cobb, published “Foot joint coupling variability differences between habitual rearfoot and forefoot runners prior to and following an exhaustive run” in the Journal of Electromyography and Kinesiology, 57.

Two Kinesiology faculty members promoted & granted tenure

Dr. Erica Thomas and Dr. Christopher Schwartz were both promoted to Associate Professor and granted tenure this spring! Congratulations!

Dr. Bohnert has article published in International Journal of Molecular Sciences


Dr. Sarah Eikleberry’s work and collaboration for inclusivity

In February, Dr. Sarah Eikleberry collaborated with Dr. Danielle Hoffman (Nursing) and members of PRISM to begin creating a series of scenarios for nursing students that will require more inclusive intake and care with respect to gender, sex, and sexuality.

In March, Dr. Eikleberry designed and launched Safe Zone: Road Rules Edition. Assisted by Dr. Dale Broder (Biology), Krystyna Kaminski (Candidate for MSW), Dr. Brett Billman (Communication), Kevin Carlson (Compliance), and Dr. Dale Blesz (Teacher Education), the training explored the concepts of cisnormativity and heteronormativity, and modeled active allyship.

Dr. Eikleberry has article published in Journal of Electromyography and Kinesiology

Dr. Rhiannon Seneli, along with KE Beschorner, KM O’Connor, KG Keenan, JE Earl-Boehm and SC Cobb, published “Foot joint coupling variability differences between habitual rearfoot and forefoot runners prior to and following an exhaustive run” in the Journal of Electromyography and Kinesiology, 57.
Dr. Christopher Schwartz and Dr. Erica Thomas just received notification that their Exercise is Medicine grant proposal was approved through the American College of Sports Medicine Exercise is Medicine Initiative. Exercise is Medicine is a global health initiative managed by the American College of Sports Medicine to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere and of all abilities.

Exercise is Medicine (EIM) encourages physicians and other health care providers to include physical activity when designing treatment plans and to refer patients to evidence-based exercise programs and qualified exercise professionals. EIM is committed to the belief that physical activity promotes optimal health and is integral in the prevention and treatment of many medical conditions.

Receiving this $750 grant will help fund a program to provide health screening and health coaching/education to our campus community starting Fall 2021! The purpose will be to improve health, physical activity, and general knowledge of healthy behaviors. Students will be recruited to provide screening and health coaching to volunteer participants: interested faculty and staff. Physical activity and health outcomes will be tracked before, during, and after this semester-long program. In addition, students will lead four educational seminars covering topics such as physical activity and exercise, nutrition, mental wellness, and behavior change.

This semester three students in KIN 225 Visual Communication in Technology and Sport: Lucas Benda, Computer Science major and Cybersecurity major; Bailey Conner, Sport Management major; and Dylan Doyle, Sport Management major; created a 12-page media guide for the St. Ambrose Baseball Team.

The booklet includes team rosters, coaches bios, 2021 schedule, player spotlights, Modern Woodmen Park highlights, St. Ambrose University information, the Chicagoland Collegiate Athletic Conference history and schools, Fighting Bee Baseball Alumni highlights, and how to join the team.

Pictured to the left is the cover, and here is a link to the booklet:

https://www.canva.com/design/DAEdihKm200/WOLhgGM4UmMKwpewDlst7g/view?
utm_content=DAEdihKm200&utm_campaign=designshare&utm_medium=link&utm_source=viewer

MSEP is a 12-15 month (depending on thesis or comprehensive exam option) masters of science program with a June 7th start this year, that is ideal for students looking for research experience, moving on to professional (e.g. DPT, OTD, MD, PA) or Ph.D. programs, or advancing their knowledge in exercise science.

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SAU graduates may be able to transfer up to 6 cr. hours from their undergrad KIN 400/500 level courses. Required: courses in anatomy & physiology. Recommended: physics (4 cr hrs) & exercise physiology. GRE waved for SAU students. Click on: www.sau.edu/Academic_Programs/Master_of_Science_in_Exercise_Physiology.html for more info and application, or email: MSEP@sau.edu or VothNicholasR@sau.edu.
Spring 2021 Kinesiology Internship Students

We are proud of our 17 Department of Kinesiology Internship students featured on the next two pages with the websites they created. We are also grateful for the opportunities provided for them by their sites and supervisors.

Human Performance and Fitness Internship Students

Alec Buob
SAU Athletics: Strength and Conditioning
https://alecbuob.weebly.com/

Emily Southern
SAU Athletics: Strength and Conditioning
https://emilyhsouthern.weebly.com

Laiken McAleer
Genesis East Cardiopulmonary Rehabilitation
https://laikenmcaleerinternship.weebly.com/

Abbey Howes
Genesis East Cardiopulmonary Rehabilitation
abbeyhowes.weebly.com

Nelson Laingen
Iowa Mississippi Valley YMCA
https://nelson-e-laingen.weebly.com/

Brandon Baalman
The Foundation
https://projectbrandonb.weebly.com/

Jake Hillard
SAU Athletics: Sports Information
https://jakehillardsau.weebly.com/
Student Profile — Matthew Mendoza

Matt graduates May 15, 2021, with a Bachelor of Arts in Sport Management. Matt was accepted for a Masters in College Student Affairs Program and graduate assistantship at the University of West Georgia in Fall 2021, as well as a NIRSA position! He is from South Elgin, Illinois.

Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?

I have had the opportunity to be the Intramural Sports Coordinator for the Wellness and Recreation Center for 3 years, and an intramural sports official for 4 years. For the 2019-2020 year I was able to help the Quad City Storm with game-day operations as an event staff member. In 2021 I helped with MVC Women’s Basketball Tournament held at the TaxSlayer Center, NAIA Cheer and Dance National Championships held at the Wellness and Recreation center at St. Ambrose University, and I will be working with Visit Quad Cities on the NAIA Men’s Golf Tournament at TPC Deere Run Golf Course in May of 2021 for my internship. I am also a member of Enactus and have started the Bee Bikes rental bike program on campus in 2021. All these experiences gave me the ability to learn different skillsets that I will take with me for my future career path.

What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?

One of the defining moments I had was in Practicum with Dr. Eikelberry. I had some issues with finding observation hours, and Dr. E. helped myself get in touch with the Quad City Storm Hockey. I was able to complete all my observation hours with this team, and after that semester of school, the hockey team decided they wanted to keep me as a staff member who would now be compensated for my work. This moment taught me about making connections and networking to help get my footing into the sport industry world to learn hands-on experiences, while being tasked with more responsibility.

What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?

I originally came to St. Ambrose University as a criminal justice major. Around my sophomore year, I knew I wanted a change and switched to Sport Management. Reading through the descriptions of the program and talking with friends, I knew this was where I belonged. The professors were very friendly, made it very easy to understand the coursework, and easy to communicate with. Over 4 years, I can say that this was exactly the program I was meant for and very much enjoyed the memories I created in this major.

What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?

Get Involved! Try and find an internship or work experience early in your time at St. Ambrose University. In my opinion, the best way to learn is by a hands-on approach and it really helps with building relationships with others. You never know who will offer you a job, and networking is a key to success in this field.

What advice might you give to someone just starting the bulk of their required departmental coursework?

My advice would be to stay on top of your coursework. Do not wait until the last minute to do assignments, also ask your classmates, or professors if you are not understanding the coursework. This department is always working with you and wants to help you be successful.

How did your affiliation with St. Ambrose help you in your job search or graduate school search?

With my graduate school search, I was fortunate enough to work with professors who helped me insight into my job market. Specifically, Dr. Spencer, Dr. Eikleberry, and Dr. Hu prepared me for interviews and how to network myself to graduate programs. Because of this, I am happy to announce that I will be going to the University of West Georgia as a graduate assistant in competitive sports, while also studying to get my Master’s in College Student Affairs in the fall of 2021. Just recently, I was elected to serve as the Georgia State Student Leader for NIRSA for May 2021 to April 2022.
Laiken graduates cum laude May 15, 2021 with a Bachelor of Science in Human Performance and Fitness. Laiken will begin her Doctorate in Occupational Therapy Program at Drake University this fall! She is from DeWitt, Iowa.

Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?

I got the chance to work as an intern in the Cardiopulmonary Rehab Unit at Genesis East this past semester and have loved every minute of it! It has opened a lot of doors for me for my future endeavors and could possibly turn into a part-time job in the near future! I have also gotten a chance to do some observation hours shadowing OTs at different hospitals and clinics in the Quad Cities area, allowing me to gain experience for when I apply to graduate school.

What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?

I really enjoyed having the opportunity to become a personal trainer for a semester for the Exercise Prescription and Program Design course. I had a great client and loved getting to know her and see her progression throughout the weeks.

What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?

I grew up being active and playing sports, so fitness was always a very interesting topic to me, and I always knew I wanted to continue learning more about fitness and nutrition. I also love learning about human anatomy and seeing all the amazing things our bodies are capable of doing. The Kinesiology Department covers all of these interest areas for me, so I was immediately drawn to it. Over the past few years, my love for this department and these classes has grown and I am so thankful I got to be a part of it!

What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?

The professors are great and always willing to work with you if you have any questions or concerns. There is also a variety of classes offered that cover a wide range of topics within the Kinesiology boundaries that are all very interesting.

What advice might you give to someone just starting the bulk of their required departmental coursework?

Once you get into the departmental coursework, be sure to prioritize your time for each class. All these classes are equally important, and you will need to learn and remember that content for classes further down the road. Also make sure to utilize the open lab time or office hours with the professors. This will really help you if you have any questions or just need some extra practice with skills for the practicals/exams.

How did your affiliation with St. Ambrose help you in your job search or graduate school search?

St. Ambrose has given me a lot of opportunities when searching for graduate schools. Early on I was able to make connections to the professors in the OT department here at Ambrose and they have been wonderful to work with. I also applied to Drake University because a former professor from Ambrose now works there and I was able to make that connection through Ambrose! Networking is a big part of searching for schools and jobs and Ambrose does a great job helping you make those connections!
Student Profile — Jennifer Danay

Jennifer graduates cum laude on May 15, 2021, with a Bachelor of Arts in Sport Management. Jennifer will be the I9 Youth Sports Program Director in Kansas City after graduation! She is from East Moline, Illinois.

Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?

I was able to intern with the Quad City Storm minor league hockey team for a short amount of time and it was an excellent experience. I would highly encourage anyone who gets the opportunity to intern with them to take it. This last semester I interned with Rock Island Parks and Rec, which lead me to the career path I want to take.

What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?

Volunteering for the Capstone Insider event was a very memorable experience. There were many professional panelists that gave great advice to us.

What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?

After 2 years at a Community College, I came to SAU not knowing exactly what I wanted to do. After meeting with the advisors, I decided to go into sport management because of my passion for sports. I thought I wanted to go work for the Chicago Bears, but figured out along the way that I really wanted to be involved in youth sports. Dr. E and Dr. Spencer were so insightful and helpful and helped me figure out what direction I wanted to go.

What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?

I would highly recommend it because of the great staff in the Kinesiology department. They have provided me with so many experiences and opportunities. I would highly recommend this department for anyone that wants to work in any type of sports career.

What advice might you give to someone just starting the bulk of their required departmental coursework?

It is real life projects and assignments that you will benefit from in your future career. It is not easy, but it is worth it. Time management is huge because a lot of the projects are semester long projects.

How did your affiliation with St. Ambrose help you in your job search or graduate school search?

I accepted a job being the I9 youth sports program director in Kansas City after graduation. It was so helpful that I had Dr. Spencer to bounce ideas off of because he has worked all over the place and he gave me the great advice that I may need to relocate to find better opportunities. The connections I feel with Dr. E and Dr. Spencer will continue after my life at SAU and I am incredibly thankful them. I will always value their opinion greatly and I am so thankful I went to SAU to meet these wonderful mentors.
Student Profile — Jacob Hillard

Jacob graduates cum laude May 15, 2021 with a Bachelor of Science in Human Performance and Fitness. Jacob will begin his Doctorate in Occupational Therapy Program at St. Ambrose in the fall! He is from Muscatine, Iowa.

Tell us about some of the professional opportunities that have presented themselves while you’ve attended SAU. How will you use those now or in the future?

I have been accepted into the Occupational Therapy Program and will continue my studies here at St. Ambrose! Being able to connect with numerous professors and faculty within the kinesiology department has given me the confidence and motivation to further my education and pursue my dream of working in therapy.

What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?

A defining moment for me was being able to take everything that I have learned the last 3.5 years and apply them into my final semester of classes. This department does a great job of not just teaching you material straight from the textbook, but challenging you to use your social skills to apply everything you have learned in a real life scenario to prepare you for what is to come outside of college.

What drew you initially to our department? Has that motivation changed over the course of the four years you’ve been at SAU?

I have always known that I wanted to work in healthcare. What drew me to kinesiology was my background in being active and continuously being involved in physical activity and movement. I wanted to further my knowledge as to how the body functions and I felt that this departments curriculum did just that.

What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?

I would advise a prospective student to form good study habits and to ask for help right away as all of the faculty members that I have come across in this department are excited to answer your questions.

What advice might you give to someone just starting the bulk of their required departmental coursework?

I would advise them to not let the coursework overwhelm you as it may look like a lot at first. Communicate regularly with your advisor and they will help you strategize a plan of action to successfully complete this degree on time.

How did your affiliation with St. Ambrose help you in your job search or graduate school search?

St Ambrose has many tools available for you to expand your horizons and search for jobs you may have never thought of before. Simply talking with my peers and their experience has also helped a lot. Staying in the loop with St. Ambrose and their event notifications that get sent out via email will gave me plenty of opportunities to explore my options.
Student Profile — Kaylynn Smith

Kay graduates May 15, 2021, with a Bachelor of Arts in Sport Management. She has accepted the position of Promotions and Community Relations manager with the Peoria Chiefs Baseball Team! She is from Galesburg, Illinois.

Tell us about some of the professional opportunities that have presented themselves while you’ve attended SAU. How will you use those now or in the future?

During my time at SAU, I’ve had 4 internships: some through classes and some through my own interest! I worked with the QC Storm, NAIA Planning Committee 2020, Mike Holmes in SAU Athletics & the RiverPlex in Peoria, IL. I think that I have gained so much experience from these and it has set me up for success in the professional world outside of college.

What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?

Honestly, sharing successes and getting so much help with/from Dr. Eikleberry and Dr. Spencer! Their guidance and reassurance has shaped me into the student and professional I am and I will never forget that.

What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?

My love and passion for sports drew me in and then finding what I loved to do through experience made it stick! I took my first class with Dr. Spencer my sophomore year and instantly knew that something with arenas/facility operation was where I wanted to be.

What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?

Being successful will take a lot of hard work and dedication, but the professors only want you to succeed and they’re always a text or email away if you run into anything. Utilize the tools you have and over-prepare for everything!

What advice might you give to someone just starting the bulk of their required departmental coursework?

Buckle down and get serious about it. This work will set you up for the future. There are so many times I use things from classes in my full-time job now. It all matters, even if it seems tedious.

How did your affiliation with St. Ambrose help you in your job search or graduate school search?

I must give all of that credit to my references. Dr. Spencer and Dr. E gave me glowing recommendations and I think it truly made me stand out several times during interview processes. It made narrowing down jobs hard!
Student Profile — Jacob Braun

Jacob graduates summa cum laude May 15, 2021, with a Bachelor of Science in Exercise Science. Jacob is in year one of the Doctor of Physical Therapy Program at St. Ambrose University! He is from Hartland, Wisconsin.

Tell us about some of the professional opportunities that have presented themselves while you've attended SAU. How will you use those now or in the future?

I worked for four years for the SAU Wellness & Recreation department. I worked my way up from being a referee to the weight-room/desk, to being a facility supervisor for the last 2 years and recipient of the 2019-2020 employee of the year award. This has helped me boost my resume and has given valuable work experience and leadership skills. I also worked for 2 years for the Student Success Center which helped me improve my teaching skills, and for 2 years as a Peer Campus Minister which allowed me to relate to more of my peers and helped provide service opportunities.

What was a defining moment or very memorable experience you had as a student in the Department of Kinesiology?

Some of the most meaningful moments to me have been through care expressed by faculty/staff. Not long ago I was working at the WRC and Dr. Eikleberry, my freshman advisor from 4 years ago, came up to the desk. She wanted to know how I was doing, how the first year of PT school was, and to make sure everything was okay. This is because in the long list of graduating seniors she looked through she had noticed that my name (her advisee from 4 years ago) was not on the initial list. This was really touching to me that even if in the back of her mind, she was looking out for me. Admittedly I did register late for graduation, and I had to explain that everything was okay, but the memory of her care will stay with me.

What drew you initially to our department? Has that motivation changed over the course of the years you've been at SAU?

I was originally going to major in Psychology. After a discussion with my freshman advisor they suggested switching to Exercise Science as it was a good preparatory course load for the classes to come in Physical Therapy school. After completing my degree and comparing the difficulty of the first year of PT school between Exercise Science majors & other majors, I am very glad I switched. I felt very prepared throughout the first year of PT school & felt I had a solid base of understanding on many of the topics we covered. I would highly recommend the exercise science program for anyone looking for a pre-PT degree. However, do not feel like you need to switch if you love what you are doing. Picking a different major will not prevent you from doing well by any means.

What advice might you give to a prospective student considering the Dept. of Kinesiology at SAU?

Practice, Practice, Practice. For me lab exams & competencies were some of the most nerve-racking experiences. To go out into the workforce and function in your chosen career though, you must be able to use the skills you learn here confidently. The solution to this is just to spend time with friends, rotating who is leading or taking measures. Creating a student team dynamic working together to learn the material will help everyone excel.

How did your affiliation with St. Ambrose help you in your job search or graduate school search?

I was already conditionally admitted to SAU’s PT program through their track one option. I didn’t have to apply for any other besides SAU to get into PT school, which was great. I highly recommend this to anyone who knows that PT is what they want to do early enough. I do recommend shadowing several fields that work with PT before making that decision. I already spoke of how I felt the Exercise Science program prepared me well for PT school, but I have many friends who have had amazing experiences working as interns their last few semesters with local businesses. They are able to hone the skills they learned in the classroom, gain extremely applicable work experience, and build relationships with those potential employers before they even graduate. SAU offers so many great options to help get students prepared for what comes next if you are willing to take advantage of them. One of these underused hidden gems is Career Center. They can do amazing work on cover letters, interviews, and helping prepare for interviews. Make sure to take any application you have by them to get a professional opinion for free before you send it off.