

Major: Exercise Physiology

Minors: Coaching and Sport Management

Story: I chose Gustavus because of the strong sense of community that I felt after my first visit. Being able to immerse myself within a community and be an active contributor on campus was important to me. I knew that at Gustavus I would be able to serve others and make a lot of friends. Being able to play football, be involved in an extensive amount of student organizations, and do an academic internship helped me explore many different avenues. All of these involvements helped me determine that my vocation is to serve others.

Enjoying anatomy and physiology, biomechanics, and physiological assessment classes helped me start to solidify my path towards physical therapy. Learning about the human body fascinates me. And learning about the physiological response to exercise is even cooler. Shadowing physical therapists continued to affirm this belief that I could see myself have a fulfilling career as a physical therapist.

Top 5 Activities/Experiences (in no particular order):

- 1) Gustie Football
- 2) Greek Life at Gustavus
- 3) Peer MALT Program
- 4) Fellowship of Christian Athletes (FCA)
- 5) Student Athlete Volunteer Educators (SAVE)

Advice:

1) Live in the present moment. It can be daunting fulfilling all of the prerequisite courses, getting letters of recommendation, and completing the application process for graduate school. It is important to have a plan but never forget to enjoy Gustavus and live each day of undergrad to the fullest!

2) Use the resources available to you. Gustavus has a vast amount of people and places that want to help you. Do not be afraid to send an email or stop into Heidi or Heather's offices. It never hurts to ask too many questions because you may just be able to save money, find a scholarship, or improve your application.

3) Network! Gustavus has a very tight-knit community and network of Gustie alumni that would love to get to know you. Creating connections and making relationships with your professors, cohort, and other faculty will open doors for you. Getting letters of recommendation, getting accepted into grad programs, and getting jobs is easier if you have an existing connection.

Future Plans: I will be returning to Gustavus in fall '24 to use the last of my football eligibility and compete in one more season. Next I will attend Saint Catherine University's Doctorate of Physical Therapy program beginning in Fall 2025. I am currently leaning towards pediatric PT but am excited to continue to explore different patient populations during clinical rotations!