

Alexus Coleman – K-12 initial licensure

Why did you choose your degree program? How has it helped you grow personally and professionally?

Choosing the physical education program was not hard because since I was younger it has been my dream job to become a PE teacher. Working with the Golden Apple program, I received a scholarship, and McKendree University was the best fit for me. This program has helped me find out how many hidden skills I had and boosted my confidence in many ways. Professionally, it has helped me communicate more effectively with other adults and expanded my knowledge on teaching students at different levels.

What are you most proud of accomplishing during your time here?

I am proud of completing the MAT program because it was not easy. It challenged me to stay strong, stay organized, and make hard decisions whether it was with students, co-teachers, family, or friends.

If you could go back in time, what advice would you give your first-year self?

I would tell my first-year self to take it one day at a time. Self-care is important – do not ignore it. Stay true to yourself – and time management is key!

Who helped you the most on your journey?

Throughout this journey, my cooperating teacher, Erich VonThun, has helped me the most! He has seen me from the very beginning and had a huge impact on how well I progressed during my student-teaching semester.

What's next after graduation?

After graduation, I will be attending an elementary or middle school in the state of Illinois as a first-year physical education teacher!