

Liana Burkhart – exercise science and sport performance

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

I chose exercise science because I wanted to help people and also be more involved in the sports side of medicine. This program has helped me grow in my knowledge about the body as well as being more outgoing and personable with everyone.

What activities are you involved in at McKendree?

I was involved in FCA while at McKendree. I enjoyed the fellowship with people that are around the same life stage as I am.

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

I am most proud of my academic achievements and being recognized for my hard work. I was inducted into Phi Kappa Phi this semester, which is a true honor and testament to my work.

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

I would tell my younger self to enjoy the time I spent in college. I wish I could have participated in more activities on campus.

Who helped you the most on your journey?

I would say Dr. Dawn Hankins has helped a lot in my McKendree career. She taught most of my classes and was also my advisor. She helped to make sure I was on track to graduate, as well as helping me succeed in the classroom.

What's next after graduation?

I am planning on looking for work in the prosthetics field. I work at a daycare, which is amazing, and will be there until I find a full-time job.