

Rebecca Sinnatamby - sociology

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

When I first began attending McKendree, I was undecided; however, I took a sociology class in my first semester and absolutely loved it. It challenged me to think in a way I had never done before and sparked my passion for helping those without a voice. It has helped me grow by developing my communication skills more than anything else. I am a more articulate, confident person who is no longer afraid to advocate for what I think is right.

What activities are you involved in at McKendree?

At McKendree, I haven't been involved with much aside from being a student worker in the mailroom. This position has been amazing and is probably what I will miss most about McKendree.

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

I am most proud of being able to draw attention to many of the issues that I find important through various papers, presentations, and discussions. This includes the crisis of missing and murdered Indigenous women and girls, the importance of social capital to an immigrant's journey, the health disparities for Black and Indigenous communities, and the Sri Lankan civil war.

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

I would give the advice to follow your passions. There is so much pressure to do what is expected of you and not challenge any of the structures around you, but by doing what you really believe in, you will achieve so much more and be so much happier.

Who helped you the most on your journey?

My mom. Not only has she spent countless hours editing my papers and discussing my ideas about my classes with me, but she has also consistently pushed me to be better and do more while reminding me to give myself more grace.

What's next after graduation?

After graduation, I will be moving to Minneapolis to work in benefits analytics.