

Virginia Fountain – health

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

I chose my degree because I wanted to broaden my professional availability; I wasn't sure exactly what I wanted to do. This allowed me to learn a little bit of everything related to health and wellness and figure out what I wanted to focus on with my next chapter.

What activities are you involved in at McKendree?

I am involved in McKendree's women's rugby and Residence Life here.

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

I am proud of accomplishing my undergraduate degree and taking on a role in which I can advise and support others.

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

I would tell my freshman self to be proud of yourself in all your experiences. No matter what journey you choose it will be scary, but you have the skills and character to achieve it.

Who helped you the most on your journey?

My McKendree family helped me the most while I was here. Being away from home is always hard, but you end up making close friends because you don't have your family. I had a hard time when I first got here, but my friends, Res. Life, and a few professors have had my back to get me through it. I also ended up finding women's rugby and, although I only played one year, the coaches and players became a family I made as well.

What's next after graduation?

I plan on going to graduate school for my master's in health administration.