Purpose

Learning that takes place outside the traditional classroom via cocurricular experiences is vital to the holistic Washburn University experience.

There are numerous opportunities for students to complement their formal educational experiences including: employment, attending conferences, gaining certifications, and holding leadership positions in student organizations.

SRWC Professional Development Scholarships assist Washburn students whose interests match the mission of the SRWC: To provide awareness, education, opportunity, and support resulting in enduring healthy lifestyle habits.

Process

Application: Students submit SRWC Professional Development Scholarship Applications.

The SRWC professional staff reviews applications.

Awards are made. Students are reimbursed for expenses after completion of the experience.

Allocated funds generally do not cover the entire cost of the professional development opportunity. Students are expected to co-invest in their success.

Reflection: Scholarship recipients summarize their experience through the lens of the Student Life Learning Outcomes.

Evidence

Relationships: Going through this experience has taught me the importance of creating relationships. People do not only come to Zumba to exercise, they come to have fun and get to know people. After the training I realized, “Life gets easier the more people you know.”

Desirae Marston, Zumba Certification, Spring 2014

Career Choices: Attending the Big XII and Friends Conference gave me the confidence I needed to move forward in pursuing my career. It helped clear up most of the uncertainties that I had about whether or not I was making the right decision.

Bri Heinen, Big XII and Friends NIRSA Conference, Fall 2013

Communication and Leadership: Two learning outcomes I can relate my experience to are communication and leadership. One of my goals during the course was to pay attention to how the instructor presented the information regarding the setup of the suspension trainer, the exercises and their techniques, and how to make everything very clear and concise to the learner. By practicing what I learned through my instructor’s style of leadership and communication in the “TRX classroom”, I will become a better TRX group exercise instructor.

Brett Johnson, TRX Suspension Training Course, Fall 2012

Self-Awareness: I not only learned how to be a proficient Turbo Kick instructor, I also learned that I was capable of stepping out of my comfort zone and trying something new.

Megan Kirkhart, Turbo Kick Instructor Training, Spring 2010