



HensonNews

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Henson Student-Athlete SPOTLIGHTS

In this issue of *Henson News*, meet some of our students who excel both in the classroom and on their Sea Gull sports teams.

From the Henson Dean's Office



Being an accomplished scientist, mathematician or engineer requires more than just academic achievement and mastering skills of precise measurement and analysis. To 'do science' well also

requires multi-faceted teamwork, superior time management, comfort with situational uncertainty and persistence in the face of adversity. There are many ways to gain these associated characteristics, but one is competitive athletics! I am always amazed at the brilliance and creativity of our Henson School students, but even more so of our athletes. The commitment it takes to excel in the classroom and the lab as well as the pool, the pitch, the field or the track is unbelievable, but not uncommon in our student body. I hope you enjoy reading about these talented young scholar-athletes. They represent the best of us and we are deeply proud of them. Go Gulls! If you would like to learn how you can help support these students, please reach out at hensonschool@salisbury.edu.

– Dr. Michael Scott, Dean

Giving 100% Inside and Outside the Classroom

Mauren Krauser • Biology Major/Chemistry Minor • Field Hockey



As a member of the Salisbury University field hockey team with a biology major and a chemistry minor on the pre-dental track, I know firsthand the challenges and rewards of being a student-athlete in the Henson School of Science and Technology. Balancing labs, lectures and exams with practices and lifting sessions requires discipline, time management and a strong support system. Yet, student-athletes in Henson continue to excel both academically and in their sport, proving that success in the classroom and on the field go hand in hand.

At Henson, students are expected to give 100% both inside and outside the classroom or laboratories. The time spent outside the classroom – in the library, studying and preparing – is just as important as the time spent in lectures, collaborating with classmates and professors. The same holds true for athletics, where success isn't just built during games but in the extra effort put in during practice and the offseason. As the saying goes: "Championships are won in the offseason"; and in both academics

and sports, it's the work behind the scenes that leads to success in the end.

To succeed, having a strong support system is crucial and Henson along with Salisbury University's Athletics Department have provided me with just that. The professors here understand that life happens, but they also recognize that our education shapes our future, and as our mentors they want the best for us. Their willingness to offer help during office hours and in class is vital when trying to balance a demanding practice schedule with class and lab times. There are countless resources available as SU that are here to support and help with any subject. As my coach always reminds us, we are student-athletes, and "student" comes first. That balance isn't always easy, but with the right support, it's possible to excel in both.

Being a part of Henson and an athlete at Salisbury University have played a significant role in shaping who I am today. It takes hard work and dedication to achieve success in life, and Henson has provided me with all the resources to reach my goals. Through my time here, I've developed essential life skills such as teamwork and leadership, problem-solving, and perseverance. These skills are not only developing and growing me as an individual, but they also are making me a stronger teammate and leader on and off the field.

Although balancing academics and athletics can be difficult, it is incredibly rewarding. Hard work has never let me down, and it has helped me get to where I am today. There will be long nights, early mornings, long days in the lab and moments of doubt, but if you stay committed to yourself and the support around you, you will succeed.

As we say on the SU field hockey team: "You just gotta believe." Believe in yourself and embrace your journey because, I promise you, it's worth it.

Leaving It on the Track

Peri Nelson

Integrated Science – Forensic Science Major • Track & Field



Pursuing a STEM degree is undoubtedly challenging. Difficult classes, long lab hours and complex topics demand an immense time commitment. As a student-athlete, balancing academics with the rigors of track practice and competition adds another layer of pressure. With studying, attending SI sessions and preparing for exams, it often feels like there aren't enough hours in the day. Despite the overwhelming demands, I wouldn't trade being part of a team for anything.

The sense of community and support from my teammates has been invaluable. We share both victories and struggles, and having teammates who hold me accountable during tough times makes all the difference. Running provides a much-needed outlet to cope with academic stress. Whether frustrated after a tough exam or drained from a long study session, practice allows me to release tension and reset my mind. The physical activity becomes a therapeutic emotional outlet, helping me disconnect from school's mental demands.

I recall a time when my coach, Coach Jones, pulled me aside and gave me some advice. He said something simple but profound: "Leave all your frustrations on the track." At the time, I may have brushed off his words, thinking they were just a typical coaching mantra. However, as I reflect

now, that advice has become a cornerstone of my mindset.

Whenever I feel the weight of academic stress, I remind myself that I have the ability to release my frustrations through movement. The psychological benefits of running – releasing endorphins and reducing anxiety – have helped me return to my studies with a clearer mind. Running offers me a mental break and boosts focus, making me more effective both academically and athletically.

The discipline, time management and resilience I've developed as a student-athlete have translated into academic success. Running has not only improved my physical fitness but also my mental health and overall well-being. By leaving frustrations on the track, I return to my studies with renewed energy, ready to tackle whatever comes my way.

A Community of Support

Gabriele Miksa

Chemistry Major • Swimming



Being a student-athlete has been an enriching experience. I am a chemistry major in the Henson School of Science and Technology, and I also participate on the SU men's swim team.

As a freshman, I was immediately exposed to the opportunities

Henson offers. I started my academic career in the sciences with an honors chemistry class, in partnership with the Clarke Honors College, and that experience sparked my now continued interest in chemistry and medicine. During my time as an undergraduate, I have been able to connect with faculty through department-organized events like the annual fall beach bonfire and lectures from alumni where all Henson students learn about exciting research, explore different academic journeys and gain invaluable advice. At least twice a year, athletic competition will overlap with my class schedule and each year my professors have been very supportive in making it possible to stay on track and successful in class as well as in the pool.

Recently, I was able to do research with Dr. Stephen Habay, professor of chemistry, in synthetic chemistry, applying what I learned in class to real-world experiments. Part of this process included aligning research hours with my practice and swim meet schedule, and each time, Dr. Habay was very understanding and flexible in that regard. The great mentorship I received and the personal growth from the experience are what will drive me to balance athletics and research in this upcoming semester as well.

Currently, I am part of the Henson Student Leadership Advisory Council – a student leadership committee that works alongside Henson faculty to continue making Henson a supportive community and is dedicated to student success. I am very happy to be part of this group and the chemistry support center, as these opportunities have become my outlet for giving back to Henson for empowering me to succeed as a student-athlete.

Reflecting on my experience, there were many days when the cumulative mental and physical stresses from class and athletics seemed overwhelming. Looking back, however, I am grateful for the opportunities I was offered. The Henson School of Science and Technology has been more than an academic-building for me. It has been a community of support, a driving force for excellence and a transformative experience over the last three years.

Strategies for Success

Evelyn Whiteside
Biology Major • Tennis



When I came into Salisbury, I knew that I wanted to be part of the biology program and pursue my interests in health care. I had also joined the women's tennis team so that I could be a part of an organized group that all shared the love for the sport. Now as a junior looking

back on these past three years, I realized that the journey has been a balancing act with learning how to properly manage my time to exceed in both.

One of the biggest challenges I face has been understanding time management. As a freshman, I quickly learned how demanding the coursework in chemistry and biology could be. It became difficult to maintain the mental focus needed for my classes while also having the energy required for tennis practice and matches. However, over time, I developed a system of strategies that helped me stay on top of my academic responsibilities, ensuring that I was not only doing well in my classes but also prepared to compete on the court. I learned to break down large tasks into smaller, more manageable steps and set realistic deadlines for myself.

I have appreciated the support that I have received from my professors in the Biological Sciences Department. They have been very understanding of the busy match schedule, especially during the spring season. It has allowed me to work with my coaches and professors about my commitments, which has given me the flexibility to succeed in both areas without compromising tennis for my schoolwork.

Looking ahead, I continue to work on these skills, understanding that balance is not always going to be perfect, but I must remain flexible. This journey has not only strengthened my time management skills but has also pushed me to succeed in both biology and tennis. The experience has taught me that with the right strategies, I can do well in all the aspects of my life that I'm passionate about.

Worth the Challenges

Joi Fleming
Biology Major/Chemistry Minor • Soccer



Being a student-athlete is extremely rewarding. Having the opportunity to play the sport I love and grew up with, while also getting to learn new things and prepare for my future career is an experience I am truly grateful for. If given the opportunity, I feel any

student should take the chance because you can learn so many things about yourself and gain new skills, such as time management, responsibility and perseverance, that you will carry with you for life. Life as a student-athlete comes with many different challenges, and there are definitely ups and downs along the way, but it is worth it.

As a member of the women's soccer team and as a biology major and chemistry minor on the pre-medicine track, life can feel pretty hectic, especially in the fall, when soccer is in full swing. Between missing classes for games, having to make up exams and arriving back in Salisbury around 2 a.m. sometimes, as a student-athlete in Henson, time management is the most important thing you learn and utilize. Last fall, our team had the amazing opportunity to travel to Santa Cruz, CA, for the C2C conference tournament. It was an unforgettable experience being able to travel across the country and see the beautiful sites, while also playing the sport I love with my team. However, that trip created challenges academically. I missed two exams and a quiz, and I had multiple assignments due while in California, all to arrive back in Salisbury at 4 a.m. on Monday and go to class that morning. It was difficult to manage and was probably the hardest experience I've ever had being a student-athlete here.

Experiences like that being a student-athlete and Henson student aren't uncommon, but having the skills to navigate through those challenges is something I am very grateful for. These skills I've learned will be able to help me throughout the rest of my life. I am also very thankful to all my professors in the Henson School who have been very accommodating and supportive as I manage life as a student-athlete.

Competition as Motivation

Dusty Krotee • Physics Major • Football



I've been a student-athlete playing for the Salisbury football team for four years and it has taught me how to be a student-athlete who performs well in the Henson School of Science and Technology. A different skill set must be obtained as a student-athlete in order to

balance being a student and an athlete.

One of the skills that comes with being a student-athlete is time management. Having due dates for projects, exams to study for and homework to complete is already a big workload for a student to handle. When you add on top of that practice, workouts, games and travel, the workload becomes even harder. Being a student-athlete has taught me how to keep myself organized and prioritize when assignments need to be completed. Setting time aside each day to study for certain classes and do homework has kept me on top of my work, even on the days when football takes up most of the day.

Being a student-athlete has taught me how to take my competitive personality in football and apply that toward my academics, which has kept me motivated to do well in my classes and to always be prepared. There is also the factor that in order to be a student-athlete you need to maintain a certain GPA to be academically eligible. This keeps me motivated to do well in the classroom so I can still play on the field. Being prepared also comes with sports, having to practice every day to play well on game day is the same as studying everyday to do well on an exam.

Being able to take these skills and apply them has been really beneficial for my academic and athletic career. Both sports and academics go hand in hand with each other, both giving skills that a student-athlete can use on the field and in the classroom.



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