

Faculty Spotlight Series:

5 questions with Sarah Sellhorst.

1. What is your role at USC Lancaster, and how long have you worked here? Associate Professor, Exercise Science and Division Chair, Math Science Nursing and Public Health.

2. Where did you go to college, and what attracted you to the education field?

August 2004 – August 2007 Doctor of Philosophy, Exercise Physiology
University of Pittsburgh, School of
Education, Pittsburgh, Pennsylvania

January 1999 – May 2001 Master of Science, Community Health Promotion
West Virginia University, School of
Medicine, Morgantown, West Virginia

August 1994 – December 1998 Bachelor of Science, Exercise Physiology
West Virginia University, School of
Medicine, Morgantown, West Virginia



I had an awesome mentor at WVU named Ruth Kershner, EdD. She was the most amazing and inspiring teacher I ever had. She chose me as her teaching assistant in undergrad for a CPR class and then as her graduate assistant once I was in graduate school. Her encouragement was the reason that I went on to get my masters. I still hear the sayings she used to use come out of my mouth every day! Ruth is the reason I am a teacher. She showed me that the more passion that you bring to the classroom, the more the students have fun....And the more fun you have in the classroom, the more they learn! She passed away a few years ago, but she lives in my heart every time I step into a classroom.

3. What is your favorite thing about USC Lancaster? I love that when I walk through campus, I know just about everyone I see. We are really a family here.

4. What are your hobbies/interests? I love art and photography, traveling, and spending time with my family.

5. What advice would you give current students or prospective students?

My best advice is to SHOW UP. SHOW UP to class, SHOW UP in your professor's office, SHOW UP to campus events, SHOW UP!! Just SHOW UP! Often just by being there you will learn something that you would not have otherwise. Opportunities present themselves to people who SHOW UP and get involved. Also don't forget that college level courses are hard work. Professors give you the opportunity to learn every day, but that is only half of the equation. You have to put in the time studying, asking questions and reading/practicing. If you aren't willing to put in the hard work required to get a degree, no amount of work on a professors part can get you there.



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