

Alayna Kunshier

Welcome to my portfolio! Over the course of my time here at MNSU I will be documenting my experiences and logs in each of the three honors competencies: leadership, intercultural engagement, and research.



About Me

I grew up in a small town called Hastings in Minnesota and just recently moved to Hudson, WI. I graduated high school in 2020 and will graduate from MNSU in 2024. I am majoring in exercise science pre-physical therapy with a sports medicine minor. I am hoping to continue my education after I graduate from MNSU in order to get my Doctor of Physical Therapy degree.

My Mission Statement

"My mission is to learn and develop my skills as a leader, student, and friend through a variety of experiences and opportunities."



Leadership



Research & Scholarly



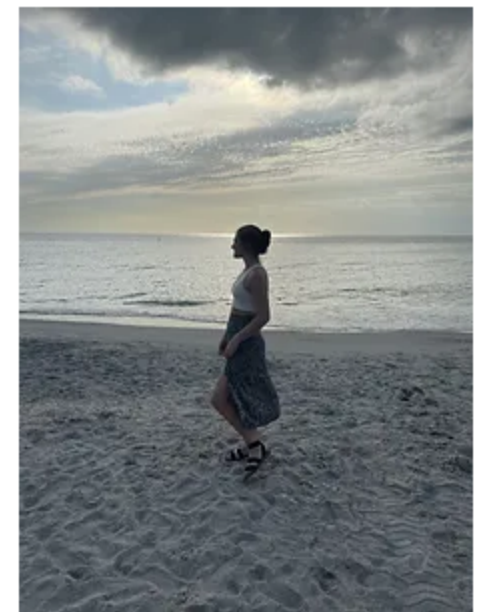
Intercultural Engagement

[Learn more about the Honors Program!!](#)

Email

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About Me



Here is a bit (more) about me!

I grew up in Hastings, Minnesota but moved my junior year of high school and now live in Hudson, Wisconsin. I graduated from Hudson Senior High School in June of 2020.

I currently attend Minnesota State University Mankato, it is my senior year. I am majoring in exercise science with a physical therapy intent and minoring in sports medicine. I have played and grown up around sports and have always been so interested in rehabilitation and strengthening your muscles, which is why physical therapy intrigued me. I am attending Des Moines University in the fall of 2024 to obtain and graduate with my DPT and even further down the road my goal is to open my own practice!

During my free time I like to spend time with family & friends, read, and snuggle my dogs. I also love going to my cabin and spending time outside!

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MNSU Honors Program

Here you will discover what the Honors Program is all about and my journey within the program

Mission:

"...committed to supporting motivated undergraduate students by providing them with exceptional learning opportunities, mentoring relationships, and a supportive community that fosters their personal, academic, and professional development."

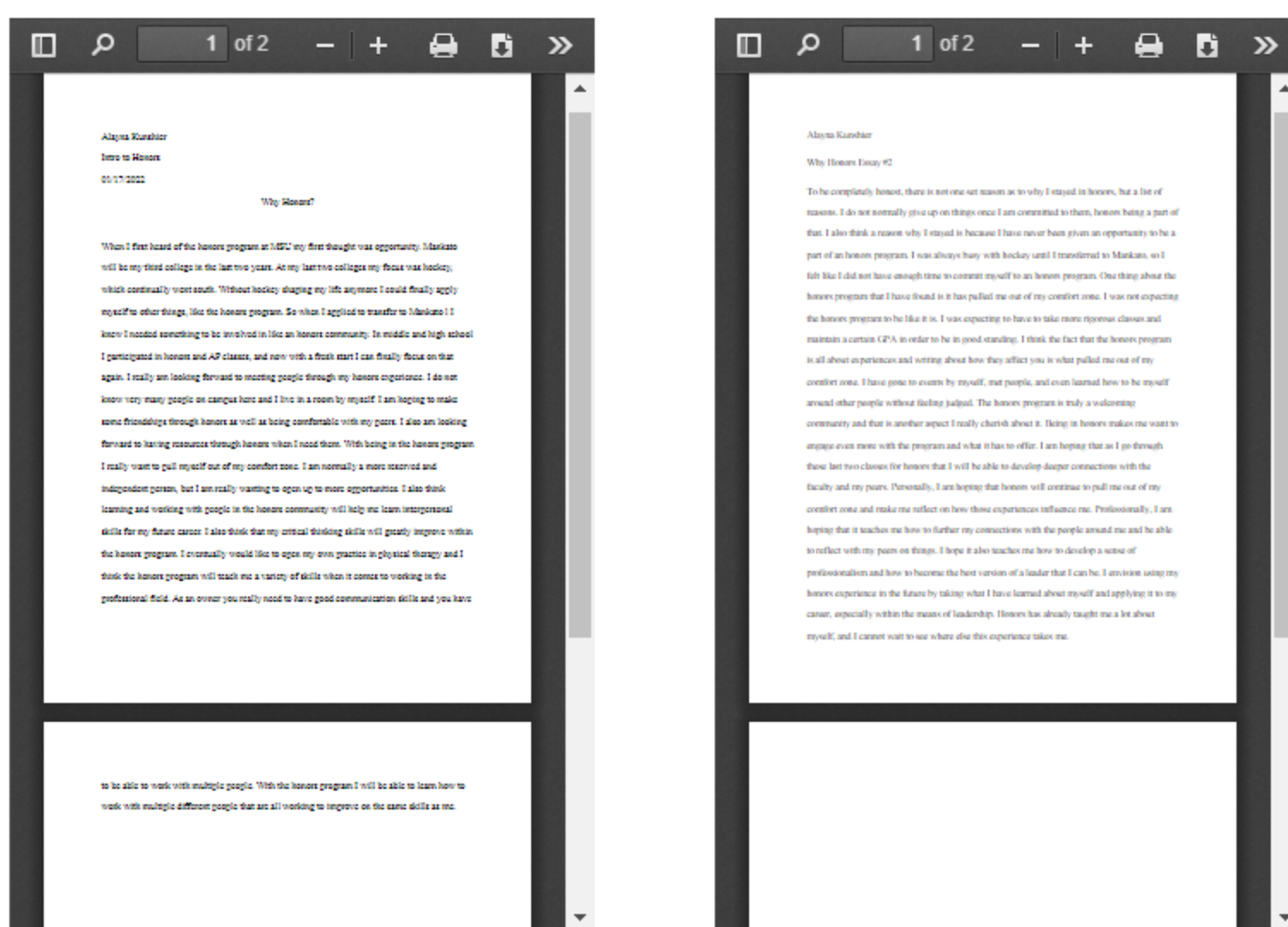
Competencies:

- Leadership** → "Students will utilize personal leadership values and strengths in a team environment toward a common goal"
- Research, Scholarly,...** → "Students will access and utilize credible information to answer research questions. Students will complete and present an undergraduate research, scholarly, or creative project as part of their competency development."
- Intercultural Engagement** → "Students will learn more about their own culture and develop an understanding of different cultural perspectives, ultimately establishing their own framework for intercultural engagement."

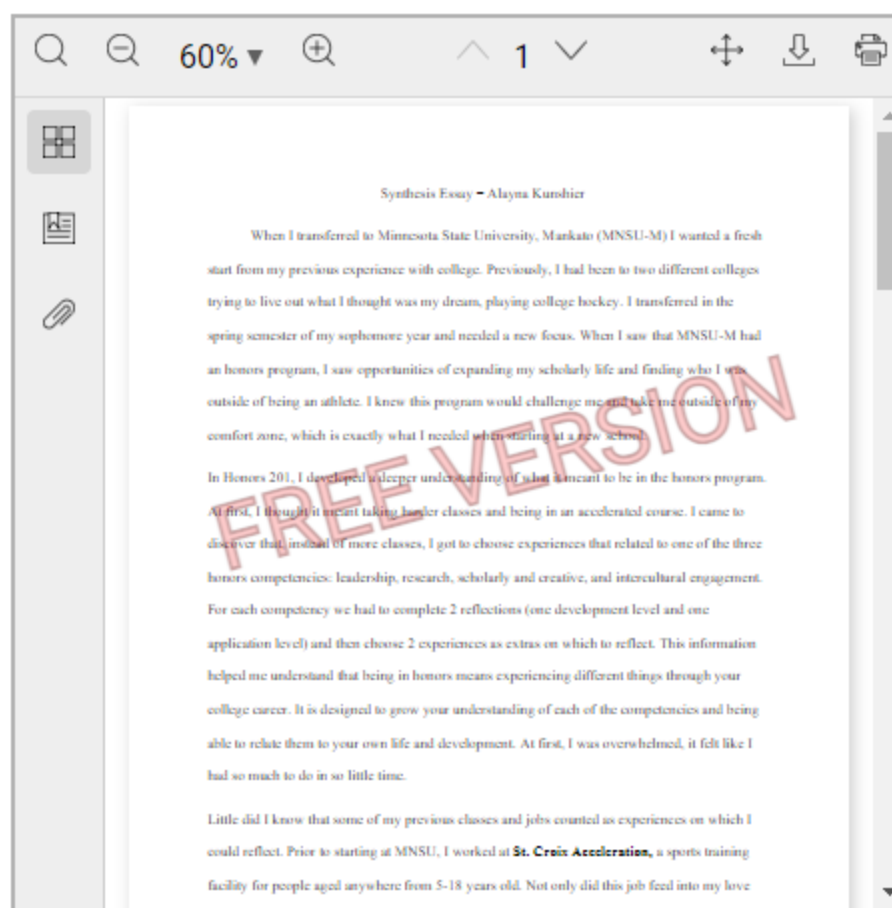
[MNSU Honors Program Page](#)

My Honors Journey

Why Honors?



Synthesis Essay



Leadership Competency

Leadership Experiences

St. Croix Acceleration - Development



The summer before starting college, I volunteered at St. Croix Acceleration. This is a place that trains athletes ranging from all ages and prepares them for their upcoming seasons.

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True Colors - Development

For class we were asked to participate in a True Colors Assessment that allowed us to gain insight on our leadership strengths and weaknesses.

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Kindred Peer Program - Development

During my Junior year of college, I was a peer mentor for the Kindred Peer Program on Campus. This program helped freshman students navigate campus and explore their new college journey.

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Work Experience - Application

During my whole college career, I had a job in the service industry. My job title went from host, to server, to bartender, and finally manager. I had various responsibilities while working in the service industry and gained a lot of insight on work place environment.

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Research, Scholarly, & Creative Activity Competency

Research, Scholarly, & Creative Activity Experiences



Credible Resource Research - Development

In Honors 201, we met with an associate of the library on campus. He taught us how to determine the credibility of resources and how to implement them in your own research.

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BIO 106 Lab Research - Development

During my Junior year, I was enrolled in BIO 106. The lab portion of this class includes a section where you conduct your own experiment. In order to conduct your own experiment, research on current journal articles and other sources was needed.

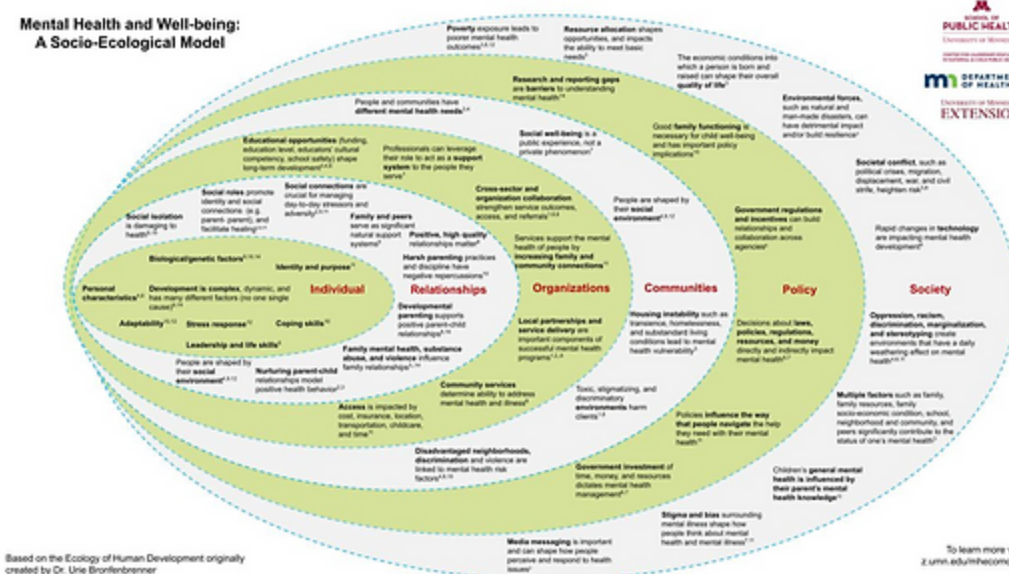
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Mental Health Research - Application

During my Senior year I participated in undergraduate research. The research topic was on mental health in the athletic population. I presented this research at the undergraduate research symposium and plan on publishing it with Dr. Albers.

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Intercultural Engagement Competency

Intercultural Engagement Experiences



Identity Chart - Development

This was an introductory activity to intercultural engagement. We were asked to create our own identity chart and reflect on what factors defined our own identity.

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Diversity Institute - Development

I watched recorded lectures from the Diversity Institute and gathered information on what culture and identity may include. This experience helped me expand my definitions and knowledge on the topics.

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You can follow the Kato Knights on Instagram and Facebook, just click the icon!



Kato Knights - Application

I volunteered for the Kato Knights adapted floor hockey program. This program was made up of kids with multiple different disabilities. My job was to help motivate them and cheer them on at games and practices.

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