



Welcome to my portfolio!

Hi everyone! My name is Megan Narveson, I am currently a senior here at Minnesota State University, Mankato. I am an Exercise Science major with a minor in Athletic Coaching. I am also an athlete on the cross country and track teams here.

My mission as an honors student is to be empathetic, demonstrate compassion, and be respectful towards other people. Furthermore, I desire to apply the lessons I have learned through these competency experiences and let my actions reflect this self-growth in my future career.



MINNESOTA STATE
UNIVERSITY, MANKATO

HONORS

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Hi everyone! My name is Megan Narveson, I am a senior here at Minnesota State University, Mankato. I am majoring in Exercise Science and minoring in Athletic Coaching. I am also a collegiate athlete on the cross country and track teams, where I run long distance events from the 1500 to the 10k.

I am originally from Bloomington Minnesota where I attended Jefferson High School. In high school I participated in cross country, nordic skiing, and track and field. I was also a member of Spanish club and the National Honors Society. I chose to come to Mankato because of how close it is to my home town and it is nice to have family nearby.

Outside of school I enjoy listening to country music and going for drives with friends to watch the sunrise/sunset, specifically on gravel roads! Right now my favorite artists are Russell Dickerson and Tyler Childers. I love being active by going for long walks and hikes with friends. Biking and running are also super fun ways for me to be outside. When I need some time to relax, I often clear my head by journaling about my day or organizing my planner.



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Minnesota State University, Mankato Honors Program

Here at Minnesota State University, Mankato the Honors Program focuses on three main areas of development and application. These three core competencies are leadership, research, and intercultural engagement. Each competency requires the student to reflect on their experience including what they learned and a description of the event which they incorporate into a reflection paper. All these experiences come together to form a portfolio which details the student's growth in each of these areas throughout their undergraduate college experience.

Why Honors?

My Why Honors essay explains the reasoning behind my desire to pursue the Honors Program at MSU, Mankato.

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Synthesis Essay

My Synthesis Essay summarizes what I learned through all of these experiences and explains how the competencies impact or overlap one another.

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Leadership Development Reflection

Cross Country

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Leadership Application Reflections

Swim Instructor

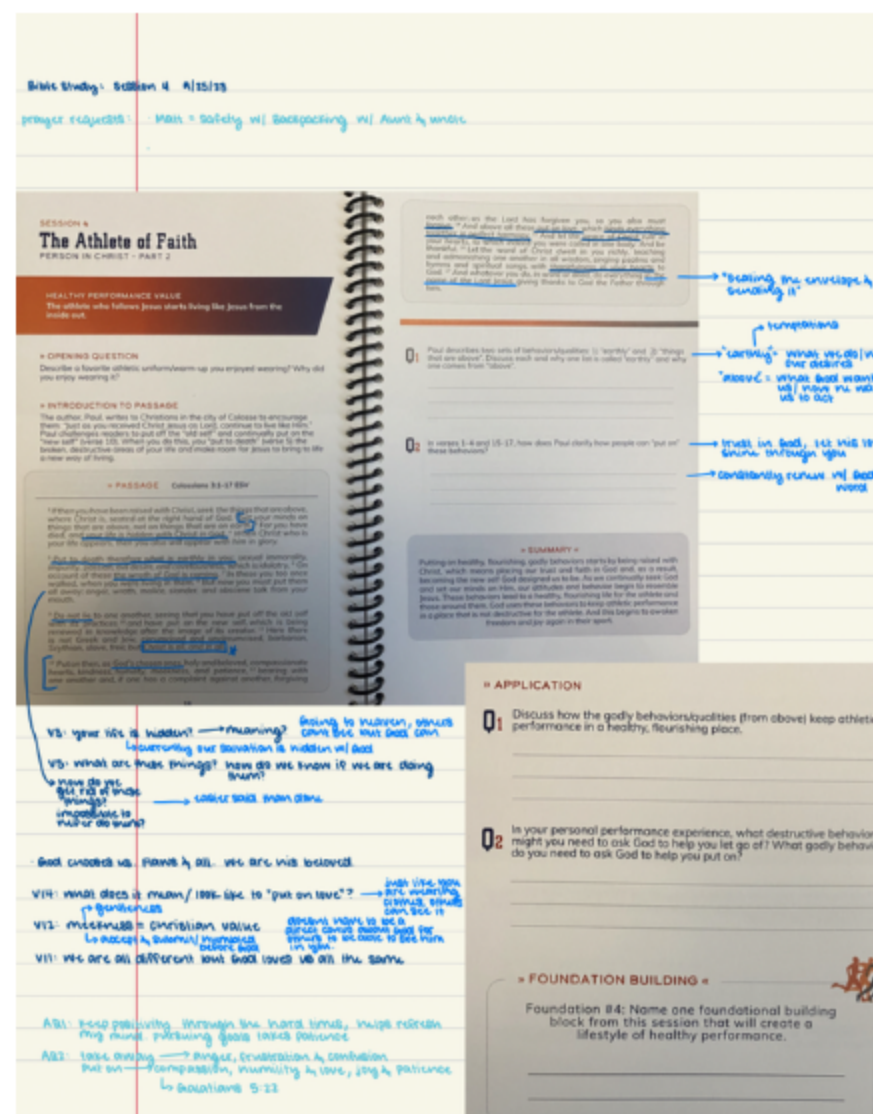
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SAAC

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Bible Study Leader

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Research Development Reflection

Professional Standards Critique

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Research Application Reflection

Sports and Mental Health Research

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Intercultural Engagement Development Reflection

REHB 110W

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Intercultural Engagement Application Reflection

Friendship Family Program and Small Group Personal Training

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>A1) Russian Kettle... 4x3</p> <p>A2) Walking Lunge 140-lb dumbbell for each leg.</p> <p>B1) Back Squat 4x3</p> <p>B2) Front Plank Re... 3x10 minutes each side</p> <p>C1) Romanian Dec... 4x3</p> <p>C2) Standing Cal... 3x12</p> <p>10 minutes stationary bike.</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 minutes easy, 10 mi.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>A1) Seated Row 4x3</p> <p>A2) Bench Dip 3x12</p> <p>B1) Half Kneeling D... 3x3</p> <p>B2) Side Plank 3x30s each side</p> <p>C1) Lat Pulldown 4x3</p> <p>C2) Push-Up 3x12</p> <p>10 minutes stretching</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 minutes easy, 10 mi.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 minutes easy, 10 mi.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 minutes easy, 10 mi.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>Rest day</p>
<p>A1) Single Arm K... 4x3</p> <p>A2) Walking Lunge 140-lb dumbbell, 8 min.</p> <p>B1) Back Squat 5x3</p> <p>B2) Plank Blue Dog 4x2 minutes each side</p> <p>C1) Romanian Dec... 5x3</p> <p>C2) Feet Elevated ... 4x3</p> <p>5 min walking cool down</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 min warm-up, 10 min.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>A1) Alternating De... 5x8 each arm</p> <p>A2) Bench Dip 4x12</p> <p>B1) USA Barbell L... 5x3</p> <p>B2) Side Plank Re... 4x2 minutes each side</p> <p>C1) Dumbbell Lat... 4x3</p> <p>C2) Dumbbell Fran... 4x3</p> <p>C3) Dead Bug 4x8 each side</p> <p>5 minutes walking</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 min warm-up, 10 min.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 min warm-up, 10 min.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>A1) Walking Jug 20 minutes walk, 10 mi.</p> <p>B1) Blue Egg 10 min warm-up, 10 min.</p> <p>C1) Elliptical 10 minutes easy, 5x10.</p> <p>Stationary stretching of y...</p>	<p>Rest day</p>