

Teaching Statement

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My teaching philosophy is based on the belief that education should be transformative, accessible, and grounded in evidence-based practice. As a veteran and a scholar, I have experienced firsthand how education can rebuild identity, foster resilience, and open new opportunities. In the classroom, I aim to offer that same transformative experience to my students by blending academic rigor with empathy and real-world application.

I approach teaching as a growth facilitator rather than just a transmitter of facts. I aim to create an environment where students feel empowered to take ownership of their learning, apply critical thinking to complex problems, and see how course material relates to their lives and careers. I use active learning strategies like case studies, scenario-based learning, and reflective exercises. These methods encourage students not only to absorb knowledge but also to practice applying it in meaningful ways.

My teaching also emphasizes inclusivity and adaptability. I recognize that students come from diverse backgrounds, learning styles, and challenges. Drawing on my military and coaching experience, I prioritize establishing a supportive classroom culture where every student feels valued. I adapt my instruction through multiple delivery methods, discussion, multimedia, and hands-on application, so that each learner can engage with the material in a way that works best for them.

I see feedback as a vital part of the learning process. I give constructive feedback highlighting strengths while guiding students toward improvement, fostering resilience and persistence. Just as important, I ask students for feedback to improve my teaching methods and ensure I am meeting their needs.

Finally, I incorporate real-world experience into the classroom. My work with veterans, athletes, and tactical populations allows me to connect theory with practice in ways that resonate with students preparing for careers in health science and related fields. By linking academic content to practical application, I help students see themselves as learners and future professionals capable of making meaningful contributions.

In summary, my teaching philosophy is guided by three principles: creating a student-centered learning environment, encouraging critical thinking through practical application, and empowering students to link their learning to personal and professional goals. As an educator, I aim to equip students with knowledge, resilience, and confidence to succeed both in the classroom and beyond.