

Sasha McBurse

Lecturer

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### **RESEARCH INTERESTS:**

Professor McBurse's research focuses on increasing student well-being and sense of belonging through peer mentorship and community engagement.

### **TEACHING INTERESTS:**

Professor McBurse teaches undergraduates in the Wellness Requirement at the Institute. Her teaching focuses on behavior change, dimensions of wellness, and determinants of health. Students are helped to develop healthy lifestyles to improve their well-being during college years and beyond.

## EDUCATION:

**M.S. in Kinesiology**

May, 2014

*University of Georgia*

*Athens, GA*

**B.S. in Exercise Science and Wellness**

May, 2012

*Georgia Southwestern State University*

*Americus, GA*

## DISTINCTIONS AND AWARDS:

- Thank-A-Teacher, Georgia Institute of Technology: Fall 2023, Summer 2025
- Leading the Pack, We Are West-Faculty Award, University of West Georgia, 2022
- USG Governor's Teaching Fellow, 2022
- CoE Program of the Year Award, Health and Community Wellness, University of West Georgia, 2021
- Best of the West Award, Strategic Imperative Recognition, University of West Georgia, 2019
- Community Service Impact Award from Good Samaritan Health Clinic, Atlanta, GA, Urban Perform, 2016

## PUBLICATIONS:

1. Biber, D. D., Brandenburg, G., Knoll, C., **McBurse, S.**, Merem, A., & Stewart, B. (2018). The Wolf Wellness Lab: A Model for Community Health and Wellness Promotion. Georgia Association for Health, Physical Education, Recreation and Dance, 50(2), 4-11.