



# Q&A

We interviewed Cynthia B. Jones, Ph.D., who attended Sheridan Technical College in 1998

#### How did your journey begin?

"I discovered my love of science when I did my first independent science project in middle school. Although I knew I really liked science, I had no idea how or if I could make a career of it. The Medical Laboratory Technician (MLT) program offered at Sheridan Tech was the open door I needed to start on my career path to become an assistant professor. Through the MLT program, I was afforded the opportunity to have exceptional instruction in the classroom and real-life laboratory experiences during the clinical rotations. I'm fondly reminded of Dr. Phyllis Pacifico, who was the instructor for the program. When I completed the MLT program she encouraged me to continue my education and go on to earn a degree."

#### What drives you and pushes you forward?

"To have an opportunity to do what I love every day is pure motivation that gets me excited about what I do. Interacting with my students, serving as a mentor and knowing I am a role model for some is my energy source. It's those A-HA moments that I see in my students that I consider small wins."

#### Do you have any thoughts for current BTC students?

"For the younger students, you are in a perfect position to start and finish your education at a young age. Take advantage of that opportunity and do not allow distractions, disguised as fun, keep you from meeting your goals. For the older students, be very proud of yourself that you have decided to go back to school. It's okay that you didn't get it right, yesterday, neither did I. To quote Ralph Waldo Emerson, "This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on yesterdays." You have something that the younger students don't have, life experiences. Use those experiences to push through your program so that you succeed. Be deliberate in your studies and take what you learn from the BTC to advance yourselves. Remember, you all have a choice. Will you face life's circumstances and people in your life with negativity, or will you face them with gratitude and lessons learned? Best wishes and God bless each and every one of you."

#### What's next?

"First, I plan to get as much training as possible in the flipped class room model and learn best practices for teaching Millennials. Second, I plan to continue my research in metabolic disorders to become an expert in the field, meeting all requirements set by the Marshall University and the School of Pharmacy to earn tenure. Finally, with the advances in technology and the ability to interact with scholars across the globe, my goal is to share my knowledge and experiences with faculty and students in other nations. I plan to earn a Fulbright scholarship to teach and study abroad in the African, Sub-Saharan region."

