

Ingram Scholar Alumni Spotlight



KELLEY NEWMAN, Class of 2004

DEGREES

Bachelor of Science in Psychology; Vanderbilt University
Doctorate of Physical Therapy; Columbia University

CURRENT LOCATION

Nashville, TN

CURRENT EMPLOYER

Monroe Carell Jr. Children's Hospital at Vanderbilt

CURRENT OCCUPATION

Pediatric Physical Therapist, Faculty Mentor for Pediatric Residency Program, Director of Vanderbilt Adaptive Sports Programming

DESCRIBE YOUR CAREER PATH

For my Ingram summer project, I spent time developing a program at an adaptive horseback riding center in southern California. Upon finishing my time at Vanderbilt, I intended to go to physical therapy school to pursue a career in hippotherapy, utilizing the movement of the horse as a dynamic treatment tool for children and adults with special needs. However, after completing a clinical rotation at Vanderbilt Children's Hospital during my graduate program I was won over by the variety of working in both the acute and outpatient pediatric settings. I started working at Vanderbilt Children's Hospital in 2009 and currently work in the acute hospital setting, outpatient clinic, neonatal ICU, and aquatics. I serve as the Faculty Mentor for

Vanderbilt Children's and Belmont University's Pediatric Residency Program, and am also the Director for Vanderbilt Adaptive Sports Programming, which includes the Tri My Best Triathlon, Champ's A-Team, Champ's Fitness Program, and Champ's Triathlon Training Program.

HOW DID THE INGRAM SCHOLARS PROGRAM PREPARE YOU FOR WHAT YOU ARE DOING TODAY?

The Ingram Scholar's Program has instilled in me the need to be very thoughtful and purposeful about my work to ensure I am serving a greater need than basic patient care. While I do enjoy the variety of patient care I'm able to do at Vanderbilt Children's, I feel my involvement in the Ingram Program has taught me so much about the concept of impact and how you can be objective about assessing whether your work is addressing a true need in the most efficient way possible. One of the things that became apparent early in my career was how children in therapy services spend a disproportionate amount of time with adults, and often have difficulty integrating successfully with their peers. I have aimed my efforts at developing programs that help children with special needs transition from therapy services into appropriate community fitness or recreation activities alongside their peers, with the goal of keeping them active, happy and healthy long after therapy services have ended.

IF YOU COULD DESCRIBE THE INGRAM SCHOLARS PROGRAM IN THREE WORDS WHAT WOULD THEY BE?

Thought-provoking: Ingram helped me think critically about my efforts in different ways.

Supportive: The other scholars and Ingram faculty and group leaders could always be counted on to lend a hand, a listening ear, or provide much needed guidance to help steer my path.

Driven: Ingram Scholars are the most motivated individuals I have come across. Every person in this program is driven to serve a need that is meaningful to them in the best way possible, and will no doubt succeed in doing so.

WHAT DOES THE INGRAM SCHOLAR COMMUNITY MEAN TO YOU?

My time spent with the Ingram Scholars Program was an amazing, cultivating and motivating shared experience with the other students in the program. The opportunities we had during small groups, seminars, all-scholars and group service bonded us over time on a meaningful level. While our time during undergraduate was a launching pad for the next steps in our career, I became closer to other scholars over time as we dove more into our careers, as well as developed meaningful relationships with scholars I met at reunions but hadn't overlapped with in undergrad. The Ingram community is a group of dedicated and inspired individuals who seek to address societal needs with innovative and effective solutions. I have been humbled over time at how Alumni will go out of their way to help mentor scholars in the program, or help recent graduates connect and network with individuals who will help further their career goals. Other Ingram Scholars have become some of my dearest friends over time.

BEST INGRAM SCHOLAR MEMORY

My favorite memories from the Ingram program have been attending the reunions. Coming back to Vanderbilt and having the opportunity to be surrounded by a group of motivated individuals has always been so inspiring to return to my work with increased vigor and inspiration. I love

hearing what other scholars are doing and how they are impacting the world in so many different ways.

WHAT ADVICE DO YOU HAVE FOR CURRENT SCHOLARS WHO WANT TO MAKE THE MOST OF THEIR INGRAM SCHOLAR EXPERIENCE?

Go in with a plan for something you hope to accomplish, but keep your eyes and ears open for guidance, ideas, and opportunities along the way. You are going to be surrounded by people with a wealth of experience and knowledge who will help you think critically about what you are doing. Be open-minded to what people have to say and share, to experiences you may not have previously considered, and for thoughts and ideas that may be contradictory to your own. You will learn a great deal about yourself, others, and the world around you. This program will help you find your path- it may just not be the one you had originally intended.