

Alumni Board Member Spotlight

Megan Herling

Undergraduate Alum



Hello! My name is Megan Herling and I am currently a Master of Social Work student at Aurora University. I am studying to become a Mental Health Therapist and college level academic professor. Experiences post graduation include working in two private practices as an Administrative Assistant and Marketing Director. During my time at Illinois State, I was the president of SPA/Psi Chi. I also was a Teaching Assistant for PSY 263, and PSY 138/340 lab.

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Why did you choose to pursue psychology?

I chose psychology after finding a passion for neuroscience and mental health. During my senior year of high school, I took Advanced Placement Psychology and fell in love with every piece of the curriculum. I wanted to take a field of passion and intense commitment to learning more about myself and others through mental health advocacy.

Why did you choose ISU?

“I chose Illinois State from learning more about the university, from my mom’s best friends daughter. I stayed overnight in Tri Towers, and fell in love with the campus. I felt at home, safe and content with Uptown Normal being so close.”

How is the Psych Dept. preparing you for your career?

While working on the executive board of several organizations and being a Teaching Assistant for several courses. my interview skills increased, my test taking skills advanced, my communication skills improved, and my overall self confidence flourished.”

What advice would you offer to undergrad and grad psychology students?

“Get outside! Spend time away from the dorm, bedroom, apartment, whichever it may be! Study where you haven’t studied before! Learn something new each day! Improve yourself by 1% each day. Your academics are incredibly important, but do not forget to prioritize your mental, physical, emotional and social health as well!”

Do you have a favorite memory from the Psych Dept?

“The Illinois State Student Psychology Association and Psi Chi Honors Society spring 2024 banquet! I loved having students of the department celebrate their accomplishments with the organization & psychology department.”

What does alumni engagement mean to you?

“It means everything! I truly appreciate connecting with the department in more ways than one!”