



I am The ROCK

Susan Herman

Job: I am an assistant professor in the department of exercise and rehabilitative sciences. I have worn a wide variety of hats and held various leadership positions for the University, including: director of the Russell Wright Fitness Center, director of the SRU Employee Wellness Program, university coordinator of the personal physical fitness requirement, department chairperson, undergraduate program coordinator and head women's lacrosse coach.

Joined SRU: 1980.

Background: I am from West Chester and graduated from Lock Haven University with a bachelor's degree in health, physical education, recreation and dance. My master's degree in physical education and administration is from SRU. Prior to joining the SRU team, I taught health in the Seneca Valley School District.

Interests: I love spending time with my friends and family. In my spare time, I cycle and swim for fitness. A little known fact is I won the Division II National Lacrosse title as an athlete for Lock Haven University.

Person(s) I would like to have dinner with: Paul Newman, Joanne Woodward and Princess Diana.

Why I work at The Rock: Over the years, I have had the opportunity and privilege to work with many students, staff, faculty and administrators. As I consider retirement, I can honestly say I have loved my last year just as much as my first. Slippery Rock University is a very special place. I am proud to have spent my professional career at this University.

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