



My name is Becky Mokris. Currently I am an Assistant Athletic Trainer at Edinboro University of Pennsylvania. I began my journey as an athletic trainer when I went to Indiana University, Bloomington IN, for my undergraduate education. I have always been interested in participating in sports and I wanted to be involved with a healthy and active lifestyle which included finding employment with an environment which supported those interests.

After my undergraduate education, I took a position as an intern for a small Division III institution before I attended graduate school at West Virginia University and ultimately accepted a position at Edinboro University. I have recently completed my Doctor of Education in Administration and Leadership Studies at Indiana University of Pennsylvania.

During my time at Edinboro, I have been very fortunate to work with someone that has been able to be a mentor and whom also is very involved with PATS. I was able to see how interesting, rewarding, and fulfilling working professionally with other members of the athletic training society could be throughout the years.

I was interested in working with PATS and in 2008 I became the Newsletter Chairperson. Since then I have been able to meet a large amount of wonderful people by being involved in this organization. Currently, I just began my new role with PATS as the Northwest Representative. Previously I was only doing things for PATS on a biannual basis but now that I am a member of the Board, I find I am checking my email a little more than I used to and reading more too! As a regional representative my main duties are to disseminate information from the board to the PATS members of my region, to be used as a conduit, informing members of continuing education throughout the region, and to educate the members of the region on the legislative updates that affect athletic trainers in the Commonwealth. Furthermore, I am the liaison to different committees and report their activities to the Board to track their progress and projects.

For the most part the daily duties that I need to do normally do not interfere with my daily life. I have a daughter and a son ages 4 and 14 months respectively, so I am usually pretty busy along with my work responsibilities, however checking email and sending emails do not take a large part of my time. There is, of course, some travel responsibilities when working on the Executive Board such as going to Board meetings throughout the year and attending the annual meeting. However, my work colleagues have always been supportive of one another when we are involved in committees or Boards etc. Having a workplace that supports your decision to be involved is paramount to having success in this commitment. Furthermore, my family is also supportive of my involvement and without their ultimate approval this would not be possible.

I strongly urge whoever is interested to become involved in any way to become acquainted with the various time expectations. It is a rich and rewarding experience to be involved with so many intelligent and interesting people.