

Alumni Highlight

Dr. Teresa Rock, Class of 2011

Graduating from Newman Catholic Schools in 2011, Teresa Rock's journey has taken her on a path of adventure and professional success.

Teresa's post-Newman path began at the University of Wisconsin – Madison, graduating in 2015 with a Bachelor's of Science in Kinesiology and a concentration in Global Health. Teresa's next step in her journey took her to Bangor, Maine where she received her Doctorate of Physical Therapy from Husson University, Class of 2019. While in Physical Therapy school, Teresa and a group of friends started a boxing-focused exercise class as a therapy option for individuals with Parkinson's.

Bangor, Maine brought with it more than an opportunity to further her education. While there, Teresa was able to get out and enjoy all of God's gifts. An avid outdoor enthusiast, Teresa, with her partner, Eric, were able to get out and enjoy hiking, cycling, canoeing, and snowboarding. She sat on the board of the local bike and pedestrian committee, working to make Bangor a more pedestrian and bike friendly place.

Most recently, Teresa and Eric's journey took them to Vientiane, Laos. Eric, a graduate of Wausau West, was awarded a Fulbright Scholarship for Research. The scholarship allowed the couple to explore Southeast Asia and fully immerse themselves in Laotian culture. Unfortunately, their time in Laos was cut short due to COVID-19, forcing them to move back to the states unexpectedly. This sudden change in plans won't temper their desire for adventure. Their next move is back to Maine so Eric can finish his last semester of school and Teresa will seek a physical therapy position.

Around the world and back, Teresa Rock's path has taken her far from the halls of Newman Catholic Schools, but professional success, adventure and a desire to embrace a well-balanced life is the journey she will continue to travel.

