



## **Krystal Long, Winston-Salem State University- c/o 2014, Rehabilitation Service**



**Name :** Krystal Long

**Your HBCU :** Winston-Salem State University

**Graduation Year :** 2014

**Major :** Rehabilitation Service

**Minor :** Psychology

### **1. Where are you from? Who introduced you to HBCUs?\***

I'm from Charlotte, NC. I was introduced to HBCU's by family members, close friends, and former teachers who were my mentors.



### **2. Why did you choose an HBCU over a pwi?\***

Actually, that's a great question. I never even considered going to a PWI. One of the influences came from my teachers who encouraged me to attend an HBCU. I went to a predominantly African American high school, and a lot of my mentors/teachers went to an HBCU.

### **3. What is the story of your "experience" at Your HBCU given its heralded status as a stellar and prestigious institution?\***

My experience at Winston-Salem State University was nothing less than incredible. From beginning to end, the illustrious institution literally molded and shaped me into the woman I am today. I had amazing professors and the culture itself was only one you could embrace at an HBCU. My friends became family, and the city of Winston-Salem has become my second home. Every event, from homecomings to athletic events, were and are all like family reunions. In my major (Rehabilitation Studies), I was always challenged to go above and beyond what was needed, which cultivated an abundant amount of opportunities for me (including presenting at national conferences). Winston-Salem State University accepted me not for what I had done to get there, but for all of the potential I had to depart the university upon graduation and serve my community!

### **4. "First time" experiences at your HBCU?\***

There were a lot of first time events when I attended WSSU! First, the fall of my Freshman year, Obama was elected president of the U.S. Although this was a first for everyone, that was the first, and biggest, yardfest I had ever attended. I rode the city bus for the first time, I presented at my very first conference, and attending all of the HBCU events.

**5. Who are the professors that have impacted your life in and out of the classroom? How did they do that?\***

Dr. Shawn Ricks and Dr. Tammara Thomas made a huge impact on my life in and outside of the classroom. They encouraged and inspired me to network within my field. They always spoke about it's not what you know, but sometimes who you know. They inspired me to be a leader, not only in the classroom, but to run for leadership positions in both campus organizations and national organizations.

