

Alumni Profile: Christa Adam

Christa Adam credits the fun she had in physics class at Metro-East Lutheran High School for helping shape the kind of professor she is today.

Seriously, she said she had fun in physics with then-MELHS teacher Brent Royuk, who is now dean of Arts and Science at Concordia University Nebraska.

"He was just enthralled with physics, and he made it fun for us," Christa said. "That is what I try to emulate now with my students."

Christa is professor of biology at Prairie State College in Chicago Heights, Ill., where she also serves as the adjunct faculty coordinator.

Christa (then Behrendt) graduated from MELHS in 1988 and went on to earn a bachelor's degree in animal science and a master's degree in animal husbandry from the University of Illinois. She earned her PhD in veterinary science from the University of Kentucky.

What skills did you learn at MELHS that have served you well in your career?

I learned so much about study skills and time management. When you play sports and are involved in theatre doing a fall play and spring musical every year, there's not a lot of free time. I learned how to manage both my time and emotions, even while under stress.

How did MELHS help prepare you for college and beyond?

I never saw myself as a leader, but by the time I was a senior I was in leadership positions. Because MELHS is a smaller school, you have those opportunities. I never saw myself getting a PhD and becoming a teacher and a leader, but the foundation of the skills that allowed me to do those things was placed at MELHS.

"The math and science teachers at MELHS were very supportive while still very challenging. That was influential in my wanting to continue on in those fields."

CHRISTA ADAM

