

MICHELE McCAULEY

AT MIT SINCE 2009

Teaching nutrition & stress management & yoga

EDUCATION

Bachelor's in Physical Education with a concentration in Exercise Physiology and a minor in Management from Bridgewater State University

FAVORITE PLACE

My family's beach house. It has been in my family for over 50 years and where I spent summers growing up

ADVICE FROM FUTURE SELF

Travel more and take adventures out of your comfort zone

FAVORITE PART OF TEACHING AT MIT

Teaching students skills they can utilize in college and beyond



Michele McCauley

Michele McCauley has been teaching Physical Education classes at MIT since 2009. She teaches the Health and Wellness classes including Fitness & Nutrition, Fitness & Stress Management, and Fitness & Yoga. Michele enjoys working with MIT students and giving them skills they can utilize while in college and beyond. She is particularly interested in stress management techniques such as breathing for relaxation, meditation, and mindfulness exercises. In addition to teaching, Michele is also the Physical Education Program Coordinator where she oversees the PE registration process for all MIT students. When not at MIT, Michele loves spending time at her family's beach house and paddleboarding on the open ocean.