

Comet Alumni Spotlight

Dr. Alyssa Lawler Mowrer Class of 2003



Educational Background:

I attended St. Thomas from kindergarten through 8th grade and Peoria Notre Dame for high school. I graduated from Indiana University with a Bachelor of Science in Neuroscience. After college, I completed medical school at the University of Illinois and residency in general surgery at the University of Illinois College of Medicine in Peoria. I traveled to Wisconsin for two years to complete a clinical research fellowship and now work as an Acute Care and Trauma Surgeon in Fort Worth, TX.

Family:

I am the youngest of 3 kids. My parents live in Peoria and enjoy time traveling to see kids and grandkids. My sister lives in St. Louis and my brother in Phoenix. I met my husband Colin (a central Illinois native as well) toward the end of high school. We went to medical school and residency together, navigating some long-distance circumstances before coming back together in Texas. He now enjoys working as a Pediatric Intensivist in Fort Worth.

My son William was born just after Thanksgiving of last year. It has been so fun to see him grow and change every day. We have two fur babies, a sheepadoodle named Belle and a goldendoodle named Grace, who always keep William entertained!

Recent Achievements:

I am halfway through obtaining a Master of Education in Healthcare Professions at Johns Hopkins University. Completing this work in my spare time has been difficult, but a worthwhile investment in my professional development. I intend to spend my career using this training to work with medical students and residents to help shape the next generation of physicians. Personally, I consider my greatest achievement to be becoming a mother to my son. The last 10 months have been the most challenging but rewarding time of my life. I have gained a new respect for all parents!

Favorite experience as a St. Thomas Comet:

I have many great memories from playing sports in grade school. Whether it was winning a game against our basketball rivals (St. Joes) or competing at the cheerleading competitions, I loved spending time with my teammates and celebrating our success!

St. Thomas teacher who made an impact on you:

Mrs. Hayes was my English teacher in 6th grade. She unfortunately lost her battle with cancer during that year, leaving a lasting impression on us all. Seeing her show up to class and give us her best every day during such a challenging personal time was incredibly inspiring. I will always remember her as a person and as a teacher, using creative ways to keep us engaged. To this day, I will never forget, "not is not a verb."

Piece of advice for current Comets:

Dream big! The opportunities for achievement are endless, as long as you keep seeking them. Try not to get lost in the chaos of the world and take time to center yourself with what matters most to you.

