Rebecca McGregor has a Secondary License in Dance, a BS in Exercise Science, and a Masters in Education.  In 2003, she developed the dance program at Lyndon Institute and founded the annual Vermont State Dance Festival. She also helps the VT Agency of Education develop and rewrite VT dance standards and licensing requirements, assessment tools in dance education and advocate for arts education.

Rebecca is a member of the Burklyn Arts Council, SHAPE, and NDEO.  She was a mentor through the NDEO's pilot mentoring program and now is a member of the NDEO Mentoring Committee.

Rebecca has received awards like Johnson State College Rising Star/Young Alumni Award, Youth Impact Award, VAHPERD's Dance Educator of the Year Award, and David Dwyer Lyndon Institute Teacher of the Year Award.