



TASB BOARD CANDIDATE BIOGRAPHICAL SKETCH

DATE: May 6, 2025 _____

NAME: Robert L. Selders, Jr. _____

MAILING ADDRESS: _____

CITY: _____ ZIP: 75088 _____

BUSINESS PHONE: _____ RESIDENCE PHONE: _____

CELL PHONE: _____ FAX NUMBER (if applicable): _____

We communicate with our Board members primarily via e-mail. Please list your preferred email address.

E-MAIL: _____

SCHOOL DISTRICT: Garland ISD _____

LOCAL TERM EXPIRES: May/2027 _____ YEARS ON BOARD: 10 years _____
(Month/year)

Upon expiration of current term on your local board, will you seek reelection?

YES ☒ NO _____

BOARD POSITIONS HELD (including dates): President (5/2024 to Present), Vice President (5/2023 to 5/2024), Secretary (5/2022 to 5/2023), Assistant Secretary (5/2021 to 5/2022), President (11/2020 to 5/2021), Vice President (5/2019 to 11/2020), Secretary (5/2018 to 5/2019), Assistant Secretary (5/2017 to 5/2018) _____

OCCUPATION: Consultant _____

CURRENT EMPLOYER: 3Q Fitness Consultants, LLC _____ DATES: October 2004 to Present _____

EDUCATION-HIGH SCHOOL: Washington-Marion Magnet HS _____ COLLEGE: Southern University and A&M College; Massachusetts Institute of Technology _____

OTHER EDUCATION: Penn West University _____ DEGREES: BSEE, MSEE, MS Exercise Science _____

HOBBIES/SPECIAL INTERESTS: Playing sports, competing in Masters CrossFit competitions, traveling, meeting new people, and spending time with family _____

BUSINESS/PROFESSIONAL/CIVIC GROUP MEMBERS (offices held including dates): Leadership TASB (Class of 2018), North Texas Area Association of School Boards (Treasurer – 2020 to 2023 and 2024 to Present), Council of Urban Boards of Education (Steering Committee – 2021 to Present), Center for Reformed School Systems Fellow (2015), Holdsworth Center – Texas School Board Institute (2024), Garland Education Foundation Board, Southern University Alumni Federation (Dallas Chapter), MIT Alumni Network, Baylor Scott & White (Garland Board of Directors, 2016 to 2018), Hope Clinic Advisory Council, Leadership Garland Alumni Association _____



Robert L. Selders, Jr. is a reformed power design engineer turned entrepreneur and education advocate with a proven track record of leadership across multiple sectors. As founder of 3Q Fitness Consultants, LLC, a Texas-based fitness consulting firm, Robert brings more than 30 years of experience in strategic planning, project execution, business development, and talent cultivation; skills he actively applies to his leadership in school board governance.

Now serving his fourth term on the Garland ISD Board of Trustees and his second term as Board President, Robert has held every officer role multiple times. He has helped guide the district through some of its most complex challenges, including pandemic response, major bond implementation, shifting accountability systems, and significant budget restructuring. His leadership is grounded in clarity, collaboration, and a steady commitment to student success.

Robert holds a Bachelor and Master of Science in Electrical Engineering from Southern University and A&M College (Summa Cum Laude) and Massachusetts Institute of Technology (MIT), respectively. He also earned a master's degree in Exercise Science from California University of Pennsylvania (now PennWest University).

He is a Master Trustee through the Texas Association of School Boards Leadership Program (Leadership TASB Class of 2018), a Center for Reform of School Systems (CRSS) Fellow, and an inaugural member of the Holdsworth Texas School Board Institute. Robert currently serves as Treasurer for the North Texas Area Association of School Boards (NTAASB) and is a Steering Committee member for the Council of Urban Boards of Education (CUBE). He is also an Honorary Life Member of the Texas PTA and remains deeply engaged in local, regional, and national efforts to strengthen governance and improve educational outcomes.

Robert is the proud husband of [REDACTED] and father of [REDACTED] (a 2019 Garland High School graduate and 2023 Computer Science graduate of Clemson University), [REDACTED] (a 2023 Garland High School graduate and a rising junior at Emory University studying Human Health and English), and [REDACTED] (a current senior at Garland High School who will attend the University of Pittsburgh School of Nursing in the Fall).

A strong advocate for children and his community, Robert brings a grounded perspective, collaborative spirit, and a long-term commitment to public service, striving for excellence in support of all Garland ISD students.