Sonia Mercado, currently serving as an adjunct professor for HS University, is a Doctoral Candidate in the field of Public Administration and Leadership at Capella University. She has twenty-nine years of hands—on experience in the field of public administration where she applied her theoretical knowledge acquired through her education. Ms. Mercado received her Master's degree in Public Administration and Affairs from the Metropolitan College of New York and a Bachelor's Degree in Business Administration with a minor in Human Resources from Bernard Baruch College in New York City. As a trainer and proctor, she uses her patience and creativity to interact with participants and impart knowledge on the field.

Ms. Mercado uses her knowledge to help Head Start programs maintain compliance in the areas of Program Governance, Management and Quality Improvement, Family and Community Engagement, Health and Nutrition, ERSEA and more. Under her leadership, governing boards along with parent's committees have been able to develop strategic plans that increased the program's general performance to include the development of policies and procedures, and the acquisition of a clear understanding of the fiduciary responsibilities. By doing these, she has helped governing boards sustain high levels of program compliance while meeting their goals and objectives.

Most recently, her passion for the Head Start Program led her to dedicate her doctoral studies to the exploration of a strategic capacity building model that would enhance the effectiveness of the school readiness program nationwide. This model focuses on strengthening the potentials of all individuals linked to the Head Start program in an attempt to improve its effectiveness and efficiency of service delivery.