Sandra Grant has taught Speech Communication/Public Speaking, Debate, Persuasion, Voice and Diction, Interpersonal Communication (which she introduced to MSU), and Murder, Mayhem and the Media (which she also introduced to MSU). She also teaches in the Redwine Honors Program. Part of her background for the Murder, Mayhem and the Media course came from cold case re-enactments, which she produced with the Wichita Falls Police Department and KAUZ Television (local CBS affiliate). More than 30 segments were created, filmed, and shown. These segments featured unsolved Wichita Falls murder cases. Segments were filmed on location and featured MSU students in various roles. The series won awards from National Crime Stoppers and International Crime Stoppers.

Professor Grant earned her Bachelor of Arts in Theatre and in English at Wichita State University. She earned her Master of Arts degree in Communication from The Elliot School of Communication at Wichita State University. She did post-graduate work at the University of Oklahoma. She also taught classes at both universities.

She is a Texas University Interscholastic League competition judge in debate, speech, poetry, and prose. She also presents communication workshops at seminars for high-school juniors and seniors in the summer on different university campuses. She is active with several MSU organizations and is the advisor for an MSU sorority. She is an American Advertising (ADDY) winner and holds membership in Zeta Phi Eta, Kappa Delta Pi and Delta Psi Omega