What advice have you received from faculty that has influenced your success?

Dr. Noffal, my Movement Anatomy professor put a big emphasis on making sure that you get to know plenty of your colleagues and classmates by name. Being surrounded by people that have common goals has helped me identify techniques that have and haven’t worked for them.

What are some challenges you have faced and how did you overcome them?

Small challenges with time restraints always seem to come up. I have found that I am a morning person, so waking up early in the morning and using that time to be productive has helped me succeed.

What are some tips you have for students at CSUF?

I have found that classes at CSUF can relate directly to real world and professional circumstances, especially in the health and human development field. I would encourage any student to look for opportunities to get “hands-on” with their major as soon as possible.

How has the College of Health and Human Development prepared you for your future?

The CHHD has helped me understand the specific concepts that can be used in coaching, therapy, and various other careers related to my field of study.

“Everybody can relate to being real or true. Somehow, someway, you want to be real and true.”
~Nayvadius Demun Wilburn

TITAN PRIDE

Elijah Hazzard is a Junior transfer student from the College of the Desert majoring in Kinesiology with and emphasis in Exercise Science. He plans to become a physical therapist, research in the field of exercise science, and possibly become a strength and conditioning coach for a division one university. Elijah is involved with the Student Health Professions Association, which has helped him discover his passion for physical therapy. He is also interning at the Athletic Republic Orange County for three months. He has learned various aspects of training such as motivation, leadership, and how to effectively communicate with athletes. Being involved has helped Elijah network and learn from people he would have otherwise never met.