

# Lindsay Rigel

College of Health and Human Development | STUDENT SPOTLIGHT

## What are some challenges you have faced? How did you overcome them?

Living away from home was challenging at first, but it has allowed me to grow as a person. When I came to college I had to learn how to do laundry and dishes on my own. I had to build responsibility and do my assignments without being reminded to do so. I matured as I lived in the Residence Halls and later in an off-campus apartment.

## What are some tips you have for students at CSUF?

I would advise students to plan out their schedules ahead of time. It is nice to see how classes stack up and analyze which classes fit together well. This has helped me spread out my challenging courses and save some of the easier classes to be paired with the tough ones.

## How have your involvements influenced your academic success?

I have learned to start studying ahead of time and do homework earlier, so that I don't have to rush at the last minute. This has led to a decrease in stress even though I have more obligations to keep track of now.

## TITAN PRIDE

Lindsay is a fourth year **Kinesiology** major who plans to get her doctorate in physical therapy. She is a part of Kinesiology Student



Association and has served as the treasurer and the HHD-ICC representative of the club and is the current President. She is also a member of Motor Behavior Club, Student Health Professions Association, Kappa Omnicom Nu, Intramural Soccer, and the Ultimate Frisbee Club. Through

her involvements, Lindsay has been able to network with her peers and create valuable relationships. She has used these relationships to gain academic knowledge and pass it on to others who share the same or similar career path and aspirations.



## How has CSUF prepared you for your future?

I have been given many opportunities to gain knowledge in different careers through all the resources that are on campus. Professors have been very instrumental in guiding me to the right career path.

**“Think positive and positive things will happen.”**

*~Anonymous*

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