



# MAJOR *Spotlight*

## LEXI KLIZA

Nutritional Sciences

College of Science and Mathematics

### **WHY DID YOU CHOOSE YOUR MAJOR?**

I chose nutritional sciences because I am passionate about nutrition and how it can be used to improve overall health and prevent life-threatening diseases. As a prospective physical therapist, a degree in nutritional sciences will give me a different outlook on improving movement in combination with nutrition.

### **SHARE YOUR SUCCESS STORY AS TO HOW YOUR MAJOR CHOICE HAS BENEFITTED YOUR EMPLOYABILITY OPTIONS.**

My choice to major in nutritional sciences has given me the learning tools and guidance to continue my education after Madonna and attend physical therapy (PT) school. With this major, I will have the ability to combine my nutrition knowledge with the skills I will learn at PT school. This will make me a desirable employee because I will be able to offer a nutritional perspective.

### **WHAT ADVICE WOULD YOU GIVE OTHER STUDENTS?**

Use all of the tools that Madonna offers to students. Get involved in clubs on campus that can teach you essential leadership and delegation skills and provide opportunities to volunteer and help people in need. Career Services can be extremely helpful in building your resume. Schedule appointments with teachers, advisors, and tutors if you need help with your classes.

### **BETWEEN NOW AND GRADUATION, HOW DO YOU PLAN TO GAIN ADDITIONAL EXPERIENCE OR SKILLS TO BE SUCCESSFUL IN YOUR FIELD?**

I plan to continue my involvement and leadership roles in campus organizations such as the Food Recovery Network, Adults with Autism, and Nutrition Network. I will also pursue a physical therapy technician position and continue to shadow numerous physical therapists who work with a variety of populations.

### **HOW CAN MADONNA UNIVERSITY HELP YOU PREPARE FOR LIFE AFTER GRADUATION?**

Madonna provides me with numerous volunteering and leadership opportunities. These opportunities help me learn how to work with others as a team, develop leadership qualities, and promote problem solving skills that are essential for success as a physical therapist. Madonna has provided me with a well-rounded education. I have received extensive education in the science and nutrition field, along with courses that have taught me ethics in health care, how to research original journal articles, public speaking skills, and how to properly build a portfolio, resume, and personal statement. My education and extracurricular involvement at Madonna has prepared me well for physical therapy school and a successful career after graduation.

