

Justin Elizalde

College of Health and Human Development | STUDENT SPOTLIGHT

What are some benefits you have had through being involved?

Being involved has really allowed me to learn more about different career paths and the many options that I have when I graduate. It has also taught me how to become a more independent and vocal person.

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

In the beginning of my college career, I didn't really know what I wanted to do. I passed through my classes with average grades and wasn't motivated. After my first year, I learned about the Kinesiology Department and the different careers I could pursue if I majored in this subject. From then on I was more motivated to learn and go to my classes.

What are some tips you have for students at CSUF?

Get out there and find your niche! It might take a while, but it's definitely worth it to find your own place or group where you feel comfortable enough to make the most personal growth.

TITAN PRIDE

Justin is a fifth year **Kinesiology** student. He plans to go to graduate school for occupational therapy and continue working his way to becoming a licensed occupational therapist. He would like to work with children and young adults in both physical and mental rehabilitation. Justin is involved with the Motor Behavioral Lab as a volunteer



lab assistant. His position as a lab assistant has increased his knowledge of the career path he wants to pursue. Through his involvement in the Motor Behavioral Lab, he is able to participate in research in a laboratory setting.



How has the CSUF prepared you for your future?

CSUF has prepared me by giving me a lot of opportunities to grow both academically and personally. This campus has offered an environment that is friendly, welcoming, and academically stimulating.

“Goodness is about character- integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it’s about how you treat other people. ”

~Dennis Prager

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