

Alex Wallace, Class of 2013

Major: Human Nutrition,
Nutrition and Community Health

Minor: Exercise Science

Career Goal: Physical Therapy



Why did you decide to start out in EXP?

I decided to start in University Exploration my freshman year because I wanted to be able to get a feel for various majors before declaring a major. I knew I wanted to continue on in a career in physical therapy but did not know what I should major in during undergrad.

How did you explore and decide upon your major?

I chose to major in Human Nutrition after multiple meetings with my advisors discussing hobbies and future goals. I also shadowed the trainers at my high school. I was able to get a hands on experience and hear my trainers' perspectives. Lastly, I took various classes related to majors I was deciding between. This helped me get an idea of what the next 4 years of college would look like.

How is your major a good fit for you?

I really enjoy formulating workout plans and diets based on the results a person wants. I was already getting a background in anatomy and physical training because of my pre-physical therapy track, and a human nutrition major allows me to have both.

What advice would you give to a student considering starting out in EXP?

To all future students, it is okay to be undecided. Your first year is the time when you should be trying new things and exploring different careers. Take advantage of the exploration advisors. They are such good resources because they are educated on all majors in order to help you decide. I was able to explore 5 different majors my first year in college, allowing me to choose the major which worked best for me and still graduate in 4 years.