

The University of British Columbia is an open door to endless possibilities. By welcoming students from all over the world, UBC is rich in cultural diversity. The international aspect is one of the truly exciting aspects of this university.

Although we come from many different places, as students we are very similar. We come here to study, to learn, to meet new people, and to expand our horizons. We do this through labs, lectures, or social gatherings. UBC offers something for everyone, whether it is sports, clubs, or programs. Over the next four years, I hope to take advantage of as many academic, social and cultural opportunities as I can. My future at UBC is whatever I choose to make it. At this point it is overwhelming, but exciting. I choose to make it successful by taking advantage of all that UBC has to offer.

Currently, I am enrolled in Food and Nutritional Sciences. I am very interested in how the food we eat interacts with our bodies, and particularly in how health can be improved with our diet. Right now I plan to complete this double major, at the same time realizing that it may not be the best program for me. I have recently begun to look into the Dietetics program. Health care has always been an interest of mine, and I hope that nutrition will be the right avenue for that. Over the next few years, I look forward to studying nutrition and exploring all the options available to work in the nutrition field.

Over the past few years I have been involved in several different volunteer programs. While at UBC I would like to continue to help in the community. The Faculty of Agricultural Sciences offers many different opportunities for volunteer work that I would like to take part in. Getting involved in the community is not only a good way of offering a helping hand, but also an excellent way to form both social and professional networks. I hope to expand my understanding of the nutrition field through trying different volunteer opportunities.

I believe that with all the resources available, I will achieve my goals. The key to success at UBC is hard work, being involved, and making sure you are well informed of all the options available. This may mean putting in extra time, but the rewards are definitely worth the effort.