

Student Profile

Zee Ningo – Master's in Public Health Program



Your Time at UCI

What made you decide to pursue a graduate degree?

I knew that my time as a student was not done yet and there were still so many things that were left unanswered from my bachelors degree. I wanted to really delve deeper into Public Health and take the time to really focus on it without the stress of other general education classes that one would have to take in undergrad.

Why did you choose to come to UCI?

The faculty and staff under the Program in Public Health really inspired me to continue my education in the field and I knew that I did not want to do my Masters anywhere else than here. Plus, UCI is a beautiful campus full of opportunities and I was not ready to let that go yet. Who knows I may apply for my PhD here!

If you are conducting research, how would you explain your research and its significance to your grandparent?

This is an interesting question because my grandparents lived in the rural regions of Cameroon in Africa. My research would probably be something that involved physical activity and nutritional health which would be foreign to them as they grew up being hunter gatherers and always had to work for their food which was organically grown in their farms. They probably wouldn't understand the obesity crisis occurring in America so I would have to explain to them why it occurs and how my research would aim to reduce the weight and help improve their nutrition.

What are your hobbies/passions outside of research?

I think everyone in my cohort knows by now that I am a yoga fanatic. It has become a part of my life and is something that I would love to share with everyone because it has helped me cope with stress, keep physical active, and learn to love my body and its ability every day. I also really enjoy the outdoors by going hiking or going to new cities to explore with friends.

Reflections

What are you most proud of accomplishing (so far) in your graduate program?

Honestly, I'm just happy I survived my first year. I think everyone can agree that the first year of graduate study is pretty difficult. Getting back into studying was also challenging even though I only took one year off between my undergrad and graduate school. Looking at my

academic progress this year, I am very happy to see how far I have come as a student and how much I have grown as well.

What is your most memorable moment/experience at UCI to date?

This stems back to when I was an undergraduate, but I was given the opportunity to become a Peer Academic Advisor for students in our department and it was one of the best things I have done. Being able to help students with problems and guide them to better choices in their academic careers was very fulfilling and made me realize that I really like being in that mentorship role.

What advice do you have for a new graduate student in your program?

There will be days that things will get very difficult, especially in winter quarter when you have start taking statistic classes. But remember that you have all your classmates around you who are willing to help you. Also I urge you to find a hobby/activity to do out of class to help alleviate stress and have some fun!

Career

What do you see yourself doing in five or ten years?

Hopefully I will be working, but I do see myself pursuing a Master's in Business Administration in the future because I do have an interest in Health Management.

How do you hope to make a difference?

This is something that have thought just recently, but one of my dreams is to upon a nonprofit for minority children to come and do yoga after school. I would love to give the opportunity to have kids come and learn more about the practice, increase their self-esteem, and have them participate in a hobby that could help them alleviate stress and forget about problems that may be occurring at home.