



# Kaylee Aiken

## Public Health

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### Background

Hi, my name is Kaylee Aiken and I am a third year Public Health student at USCB. I also serve as a Health Ambassador. I am the third generation of my family that were born and raised in Beaufort- I absolutely love my hometown! I love riding bikes down the Spanish Moss trail with my family, hanging out with friends in downtown Beaufort, and relaxing at the Hunting Island beach.



Beaufort, South Carolina



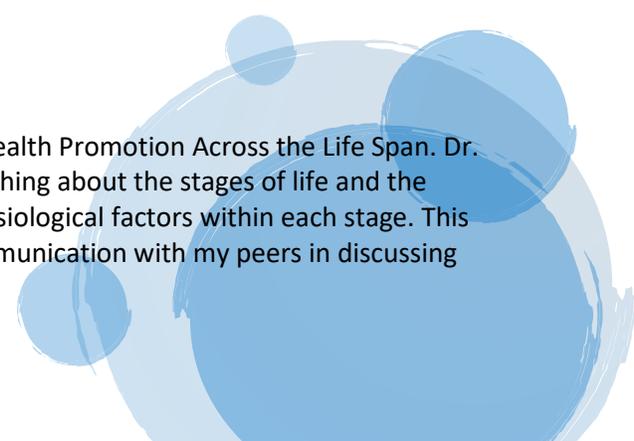
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I choose USCB because I felt the most at home there. The population of students is diverse, the class sizes tend to be smaller, and it is close to my family and friends. My father also attended USCB, I had the privilege to see him walk across the graduation stage and receive his diploma. As I got older, I realized I wanted to walk across the same stage as my dad to receive my diploma. I also realized it would be beneficial for me to attend a smaller school, which would allow me to have a closer relationship with my professors, other students, and the faculty on campus.

I was inspired to major in Public Health because of a teacher I had in high school. I attended Beaufort High School and while I was there, I participated in a health science course. My teacher was a retired certified nursing assistant who worked with the Peace Corps and was a public health practitioner who introduced me to the many different areas of public health. Public health is a broad field with many different topics and opportunities to make change with in it. I have always wanted to make a positive change in the world. Public health allows me to learn new and innovative strategies on how to form prevention programs, campaigns, and policies that will result in a positive change among different communities.

### Favorite Class

My favorite class at USCB is Health Promotion Across the Life Span. Dr. Reindl does a great job in teaching about the stages of life and the important behavioral and physiological factors within each stage. This class provided a door for communication with my peers in discussing





different aspects of topics relating to the socioecological model of health promotion, Gordan's eleven functional health patterns, and the different levels of prevention and how it relates to a variety of public health issues. I really enjoyed this course because it sets the foundation to develop skills in program development, health communication, and educating a community on the issues relating to health promotion.

### Best Piece of Advice

One piece of advice I would offer a new student is to plan ahead. Make sure to read your syllabus, make sure you understand your general education course requirements along with your major course requirements, and do not procrastinate. If you have any questions about anything throughout your journey through college, make sure to reach out to your professors, advisors, mentors, and faculty. Everyone wants to see you succeed and there are ample resources at your fingertips.

### Fun Fact:

I absolutely love Disney! I know all the words to most of the classic Disney movie soundtracks and I like to have Disney karaoke sessions in my car. My favorite Disney characters are Moana and Stitch. If I could, I would be a Disney princess.

