

GRADUATE PROFESSIONAL COUNCIL'S STUDENT OF THE WEEK

A series showcasing the talented graduate and professional students at the
University of Missouri

SARAH LEININGER

Masters of Science in Dietetics



HONORS AND AWARDS:

- Spanish minor
- BS in Nutritional Sciences
- Dean's List

ORGANIZATIONS AND EXTRACURRICULARS :

- Deaton Scholars Program
- Association of Latin American Students
- This semester I have worked in the newborn ICU at WCH in Columbia, with Mizzou's Campus Dining Services, in a bariatric outpatient clinic, in a general MNT clinic, and in outpatient oncology. I start work at the ICU at Mosaic LifeCare in 2 weeks.

VOLUNTEER SERVICE:

- MedZou Food Security Chair
- English as a second language program tutor at Sacred Heart

More about Sarah on the
next page!

HOW DO YOU HOPE TO BETTER THE WORLD?

I really would like to continue working with immigrant populations and volunteering through teaching bilingual community nutrition classes.

WHAT IS YOUR FAVORITE THING ABOUT MIZZOU?

I absolutely love all of their events that I've been able to attend. I think Mizzou has a great community that has allowed me to feel comfortable to be myself and explore my heritage.

WHAT IS ONE THING YOU WISH PEOPLE KNEW ABOUT YOUR FIELD?

I wish people knew how complicated it can get with diet recommendations based on different disease states and conditions. A one-size-fits-all approach just can't work.

WHAT IS ONE THING THAT HAS BEEN INVALUABLE TO YOUR STUDIES?

I would say all of the updates on the current research and implementation of vitamin D research done at Mizzou into clinical practice settings. This recent information has made for some amazing conversations with healthcare teams! It's awesome to be able to bring that knowledge to the table.

WHAT ADVICE WOULD YOU GIVE TO OTHER GRADUATE AND PROFESSIONAL STUDENTS?

Take every opportunity as it comes and figure out how to become fearless and have confidence in yourself and your abilities! Never let anyone make you doubt yourself. Sí se puede.

Know a fantastic student who should be highlighted? Fill out this form:
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