
Meet the 2022 Nutrition Peer Mentors

Introduction to Nutrition Professions
NTDT 103 Course

Taylor Adler

YEAR: Senior

MAJOR: Nutrition and Dietetics

ACTIVITIES/CLUBS: Volunteer coordinator for the Nutrition and Dietetics club, health and wellness chair for Sigma Kappa, past TA for NTDT201 & 200, past volunteer for performance nutrition at the Whitney Center, and past volunteer for STAR nutrition clinic.

CAREER GOALS: Get my masters and become an RD

FUN FACT: I used to be a competitive dancer for 15 years

FAVORITE FOOD: Sushi



Emma Archer

YEAR: Senior

MAJOR: Nutrition and Medical Sciences

MINOR: Biological Sciences & Health and Wellness

ACTIVITIES/CLUBS: Undergraduate Research Assistant, NTDT305 TA, Medical Scribe, Nemours Volunteer, Nutrition Clinic Volunteer, Christiana Care Volunteer, Nutrition and Disabilities Club, Student Association for the Education of Young Children

CAREER GOALS: Primary Care Physician

FUN FACT: I can speak Italian

FAVORITE FOOD: French fries



Maddy Ciskowski

YEAR: Senior

MAJOR: Nutrition and Dietetics

MINOR: Health and Wellness

ACTIVITIES/CLUBS: Nutrition and Dietetics Club
Health Fair Co-Chair, ADPi Sorority, UDXCTF, USJ
SNAP-Ed Intern, Past NTDT330 TA

CAREER GOALS: After becoming a registered dietitian I want to work either in nutrition counseling or with pediatric diabetes patients!

FUN FACT: I work at Orangetheory on Main Street!

FAVORITE FOOD: Fish tacos!!



Amelia Cope

YEAR: Senior

MAJOR: Nutrition & Medical Sciences

MINOR: Public Health

ACTIVITIES/CLUBS: Nutrition and Disabilities Club, Club Swim Team Chair, past TA for BHAN155, caregiver for TBI patient

CAREER GOALS: Physician Assistant

FUN FACT: I studied “abroad” in Hawaii last winter session!

FAVORITE FOOD: Pasta



Mya De La Torre

YEAR: Senior

MAJOR: Nutrition & Dietetics

ACTIVITIES/CLUBS: Nutrition Clinic Volunteer, Undergraduate Research Assistant, Resident Assistant, Eating Disorder Awareness at UD Social media chair, Nutrition and Dietetics club, TA for NTDT 200, Past Student Manager at Caesar Rodney dining Hall

CAREER GOALS: To become a Registered Dietitian specializing in eating disorders

FUN FACT: I can play 4 instruments

FAVORITE FOOD: Rice Bowls



Elizabeth Donovan

YEAR: Senior

MAJOR: Nutrition and Dietetics

MINOR: Global Health

ACTIVITIES/CLUBS: Nutrition and Dietetics club, Nutrition Clinic Volunteer, Brandywine School District Food Service Volunteer, Saint Francis Bariatric center volunteer, Past TA for NTDT200, Current TA for NTDT330.

CAREER GOALS: After becoming an RD, I plan to become a nutrition counselor in an outpatient/clinic setting.

FUN FACT: I love to spend time outside, especially at the beach!

FAVORITE FOOD: Sushi



Jacqueline Ehrlich

YEAR: Senior

MAJOR: Nutrition and Dietetics

MINOR: Business Administration

ACTIVITIES/CLUBS: Nutrition and Dietetics Club
Freshman Mentor, Delaware Repertory Dance
Company Secretary, Nutrition Clinic Volunteer, Stony
Brook Medicine Nutrition Volunteer, Past TA for
NTDT330, UD Hillel

CAREER GOALS: After becoming a Registered
Dietitian, I hope to work in nutrition counseling in an
outpatient/clinic setting.

FUN FACT: I have been dancing for 18 years and once
made an appearance on Dance Moms!

FAVORITE FOOD: Chicken Parmigiana



Dan Himsworth

YEAR: Senior

MAJOR: Nutrition and Medical Sciences

MINOR: Strength and Conditioning

ACTIVITIES/CLUBS: Undergraduate Research Assistant, Senior Thesis Program, College Diabetes Network, Volunteer at JDRF

CAREER GOALS: Still up in the air long-term, definitely getting a master's degree and I'm considering applying to a PhD program after that

FUN FACT: I'm a type 1 diabetic, which is what started my interest in nutrition

FAVORITE FOOD: Sushi



Lauren Krott

YEAR: Senior

MAJOR: Nutrition and Dietetics

MINOR: Health, Physical Activity, and Disability

ACTIVITIES/CLUBS: President of the Nutrition & Disabilities Club, Undergraduate Researcher, NTDT200 TA, Nutrition Clinic Volunteer, Student Intern for Unionville School District, and Past Munson Fellow for Honors College

CAREER GOALS: Finishing Graduate School and becoming a Registered Dietitian, not sure in what setting yet! :)

FUN FACT: I love going to the beach!

FAVORITE FOOD: Strawberries



Sam Levitt

YEAR: Senior

MAJOR: Nutrition and Medical Sciences

ACTIVITIES/CLUBS: Medical Technician at Newark Urgent Care, Loris Hands, Research Assistant

CAREER GOALS: Primary Care Physician

FUN FACT: I like historical fiction

FAVORITE FOOD: Oats with peanut butter



Haydan Lord

YEAR: Senior

MAJOR: Nutrition and Medical Sciences

MINOR: Genetic Counseling

ACTIVITIES/CLUBS: PR chair of the Pre-Dental Society, PR chair of Alpha Sigma Alpha, Best Buddies, and Future Genetic Counselors

CAREER GOALS: Finish Graduate School and become a Pediatric Genetic Counselor

FUN FACT: I got my tonsils taken out twice! They grew back :)

FAVORITE FOOD: Pasta



Kelsi Lussier

YEAR: Senior

MAJOR: Nutrition & Dietetics and Sociology

ACTIVITIES/CLUBS: Nutrition & Dietetics Club
Health Fair Co-Chair, Students for the Environment
Treasurer, STAR Ambassador, Nutrition Clinic
volunteer, AXiD sorority, intern for the Heali app

CAREER GOALS: Become an RD and work on public
policy to improve access to nutrition

FUN FACT: I have Celiac, so I'm a gluten free queen

FAVORITE FOOD: Pasta (GF, of course)



Connor Lynch

YEAR: Senior

MAJOR: Nutrition and Community Engagement Scholars

ACTIVITIES/CLUBS: MEDLIFE, EMT for UD Emergency Care Unit(UDECU), TA for CHEM103/104 & BISC207/208, Blue Hen Ambassador, Pharmacy Technician

CAREER GOALS: Physician Assistant in Emergency Medicine or Neurology

FUN FACT: I had a 22 hour long brain surgery during my second year of college.

FAVORITE FOOD: Salmon



Chloe Rogers

YEAR: Senior

MAJOR: Nutrition and Dietetics

ACTIVITIES/CLUBS: Nutrition & Dietetics Club, Eating Disorder Awareness at UD, STAR Ambassador, National Eating Disorder Association helpline chat agent, eating disorder research experience, Summer Fellows program, NTDT200 TA

CAREER GOALS: Become a registered dietitian with a specialization in eating disorders while promoting positive attitudes around food and body image

FUN FACT: I can identify some wild mushrooms

FAVORITE FOOD: Steak



Genesis Torres

YEAR: Senior

MAJOR: Nutrition & Dietetics

ACTIVITIES/CLUBS: Nutrition and Dietetics club,
STAR Nutrition Clinic volunteer, NTDT 200 TA

CAREER GOALS: Get my masters and then take the
RD exam in order to work in a clinical setting

FUN FACT: Love listening to music

FAVORITE FOOD: Pizza



Claire Vailionis

YEAR: Senior

MAJOR: Nutrition and Medical Sciences & Nutrition and Dietetics

ACTIVITIES/CLUBS: Caretaker, Cosmetic Chemists Society, Sisterhood Development Chair for Phi Sigma Sigma, Former Outpatient Counseling Volunteer

CAREER GOALS: Finish Graduate School and become a Registered Dietitian working in Pediatrics

FUN FACT: I swam competitively my whole life and I love to bake

FAVORITE FOOD: Breakfast Burritos



Robert Weimer

YEAR: Senior

MAJOR: Nutrition and Medical Science

MINOR: Medical Diagnostics

ACTIVITIES/CLUBS: Dietetic Student Intern at Christiana Care Cancer Center of Newark, Research Assistant in the Diabetes Prevention Program, Volunteer EMT, Nutrition Clinic Volunteer, STAR Demo Kitchen TA.

CAREER GOALS: Lifestyle Medicine Physician, or Surgery

FUN FACT: I have been cooking since I was young kid

FAVORITE FOOD: Burritos

