

University of West Florida | Graduate School

Student Spotlight: Anthony Terrano

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Anthony Terrano, Health Promotion

Since starting my graduate program, you know, a lot of the professors have been working very close with me. I'm actually serving as a graduate assistant for Dr. Barrington for a semester and that really gave me a push into getting invested in my studies and seeing how... getting more organization and structure in my learning ability.

I've enjoyed it a lot. I came into it not expecting a whole lot, you know, I thought I was going to be more of a... kind of like an errand boy. But I got pretty inclusive with the class, you know, I graded discussions and assignments. I gave... was able to give feedback to students and see how on their end they interpret feedback and what they are looking for in their assignments. And vice versa, what the instructor expects from their assignments and how that collaboration comes together.

Right now, I'm doing ABA therapy for children with autism. So, I guess in accordance with my degree, it's more the health promotion. So, it's like I'm promoting healthy behaviors, proper social skills, social interactions, you know, some learning abilities, and how to take what we learn in the therapy session and apply it to the real world.

So essentially this is the degree, I just want to cover as much areas of health as I can, and just promote all kinds of behaviors to live a healthy lifestyle. And I think the more that I get into my graduate programs and my courses, I learn more techniques, I learn different areas, and different internal and external factors that influence health, and how every little thing in our decision-making pretty much dictates how we take care of our bodies and our minds and how that comes to fruition as we grow up.