



Stephanie Reiss

Nutrition and Food

[sreiss@csus.edu](mailto:sreiss@csus.edu)

Office Hours: Wednesdays and Fridays 2:00-3:30pm

[Zoom Link](#)

Hi everyone!

My name is Stephanie Reiss, I am a third year, and I am a Nutrition and Food Peer Mentor here at Sacramento State. A little about me, I was born and raised in Santa Cruz, California. I love to read, hike, dance, and cook. I also speak a decent amount of French and hope to travel to France after graduation when it is safe to do so.

Ever since I was little, I have aspired to help people! For my end goal career, I would like to work in the medical field as a nurse so I will be applying to master's programs after graduation. However, I absolutely love nutrition and food and hope to gain experience in the real world with my bachelor's degree in food and nutrition as a health educator.

I am here for all students who need some guidance and advising. I know the pandemic has created a lot of unforeseen problems and I am here for you as a resource for anything you might need whether it be academic advising, career planning, tutoring, a good support system, or even just to chat! Please don't be shy to drop by my office hours at 2-3:30 on Wednesday's and Friday's or we can work out a scheduled appointment if those times don't work for you. I'm really looking forward to working with all of you and I hope you have a wonderful semester!



Ekamjot Kaur

[ekaur@csus.edu](mailto:ekaur@csus.edu)

Office Hours: Mondays and Tuesdays 4:30-5:30pm

Zoom Meeting ID: 849 4584 6522

Hello! My name is Ekamjot Kaur and I am a Nutrition and Food peer mentor. I am a dietetics major in my senior year. I transferred to Sacramento State in Spring 2020 from American River College with my Associates in Nutrition. Currently, I am a full-time student looking for opportunities to gain experience within my major. I enjoy reading, playing video games, and hanging out with friends. My future goals are to become a registered dietitian and work with a variety of communities to provide them education about nutrition.

As a student myself, I understand the ups and downs of academic life. Especially with everything being virtual, it has become even more difficult for some of us. So, if you are facing academic issues, have questions about the department or classes, or just want to chat, feel free to reach out and I would love to help to the best of my ability. My office hours are Monday/ Tuesday 4:30 - 5:30 PM but if this does not work with your schedule, reach out at [ekaur@csus.edu](mailto:ekaur@csus.edu) and we can find a time that does. I hope to see you!