

Phillip Moore
Statement of Purpose

Throughout my time, the one thing that seems to remain a constant is my roundabout way of figuring things out. When I graduated from Saint Augustine's College (now University). It was a confusing time in my life. I wasn't accepted into any of the graduate programs I applied to. Neither did I have a decent job to fall back on. I was out of school and for the first time had no immediate direction.

I started at an overnight position with Babies R Us. To be honest it wasn't the best place but I worked hard and made the most of it. I was promoted to a supervisor role where I lead a 12-person team through the various nightly store tasks including shipping and receiving, stocking, and maintaining morale during a difficult bankruptcy and liquidation process.

In 2014 I took another shot at school and went to Brooklyn College where I was a graduate student in Biology. It was another challenge I thought I was up for. Unfortunately, things changed and I didn't stay. My heart or my wallet was into it. I wasn't happy and seemed to be pursuing something for others instead of myself.

In 2016 I began working at the North Brooklyn branch of the YMCA. I started out working on the floor, then teaching classes, then in 2019, I became an American Council of Exercise Certified Personal Trainer. I was able to work with different people helping them achieve their goals and gain a better understanding of themselves. It was during this time I picked up intrigue about nutrition and dieting. It revealed a weakness that my clients as well as myself had.

In 2020 the lockdown due to Covid-19 began. For the first time in 4 years, I wasn't working at 2 jobs. A depressing time for myself. I was at home with a lot less money and a lot more free time than I wanted. It allowed me to reassess what I was doing and where my life was going. I wasn't too satisfied with either answer. I had allowed myself to fall into a cycle of mediocrity.

By improving and adding to my education, I can help more people and can help myself. A second degree and a new career would be the step in the right direction. In the Fall of 2021, that journey began at SUNY Oneonta in the Dietetics Program. Throughout my time in Oneonta, I have been able to add valuable knowledge and experience in Dietetics and Food Service through a multitude of in-class assignments and projects. For the first time in a long time, I feel a sense of direction and a sense of purpose. I look forward to improving performance and quality of life for others through nutrition and compassion.