

Krittikan Chanpaisaeng

From: Bangkok, Thailand

Studies: Nutrition Science

Why did you choose Purdue?

Because the renowned professor in the field of study that I am interested in as well as the quality of education and multi-disciplinary nature of the graduate program.

What is your favorite fact about Purdue?

If Purdue Boilermaker football team wins, we get 5% discount for every touchdown for any purchases at Purdue Bookstore on Mondays after the game weekend.

Please briefly describe your research:

I use an animal model to study how individuals respond to dietary factors (e.g. Ca) depending on their genetic background to attain peak bone mass at their highest potential. This work is a foundation for the concept of personalized nutrition.

Name one to three words that best describes your work?

Nutrition Genetics Health.

Where do you spend most of your time on campus?

My lab at Stone Hall.

If you have free time, how do you choose to spend it?

Running outside, Climbing/bouldering at Co-Rec, Cooking/baking with friends.

Current mobile device/computer:

iPhone, Macbook (personal) and Windows desktop (at work).

What apps, software, or tools can't you live without?

DoubleMap, Dropbox, Calm, Nike Run, Pandora, YouTube.

What's your workspace setup like?

Regular work desk with a desktop computer in a separate work space inside the laboratory room.

What's your best time-saving shortcut?

Wake up early (5 a.m.), have a cup of favorite coffee (with toast) and work on the most important thing of the day before leaving for school.

What's your favorite to-do list manager?

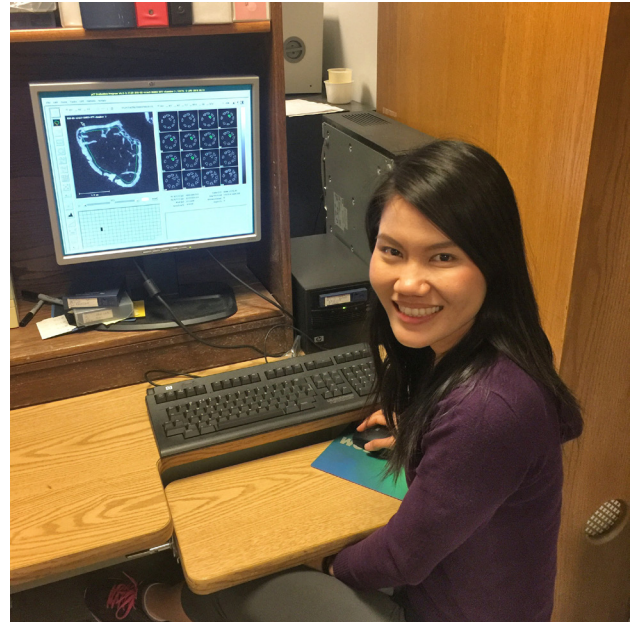
Bullet journal system (paper-based) because it is flexible and let's me personalize the ways of managing my work and tasks that suits me the most. Also, I can do some drawing, decorations or write some motivational quotes as I want.

Besides your phone and computer, what gadget can't you live without?

Fitbit Charge 2. It helps track my physical activity, wake me up in the morning and works as a watch and a timer.

What do you listen to while you work?

I prefer silence but from time to time I would listen to some Pandora playlists, e.g. "7 years", and "Closer."



What everyday thing are you better at than everyone else?

Wake up early and get things done earlier in the day. I cultivated this habit since the Spring 2016 semester and I found I am more focused and productive in the morning.

I'd love to see _____ answer these same questions.

Jim Kaput (PhD), Janos Zemleni (PhD), Dalai Lama, Oprah Winfrey.

What are you currently reading, or what is the last thing you read (aside from academic reading)?

The One Thing by Gary W. Keller and Jay Papasan.

What's your sleep routine like?

Definitely early-riser!

How do you recharge physically and/or mentally?

Go on a long run by myself outside with my favorite podcasts or playlists.

What's the best advice you've ever received?

Doubts kills more dreams than failure ever will - Suzy Kassem.

What is (are) your career goal(s)?

I will go back to my home country and work as nutrition scientist at the National Center for Genetic Engineering and Biotechnology.

Where can we find you on social media?

Instagram:
[@poomponyo](https://www.instagram.com/poomponyo)



www.purdue.edu/grad

E-mail: gradinfo@purdue.edu

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Botany and Plant Pathology
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Food Science
Forestry and Natural Resources
Horticulture

COLLEGE OF EDUCATION

Curriculum and Instruction
Educational Studies

COLLEGE OF ENGINEERING

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Biomedical Engineering
Chemical Engineering
Civil Engineering
Electrical and Computer Engineering
Engineering Education
Engineering Management
Environmental and Ecological Engineering
Industrial Engineering
Interdisciplinary Engineering
Materials Engineering
Mechanical Engineering
Nuclear Engineering

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Ecological Sciences and Engineering
Information Security
Life Science

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Hospitality and Tourism Management
Human Development and Family Studies
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Nutrition
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Design
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Linguistics
Philosophy
Political Sciences
Sociology
Theatre

KRANNERT SCHOOL OF MANAGEMENT

Business Analytics and Information Management
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Finance
Global Supply Chain Management
Management
Marketing
Organizational Behavior and Human Resource Management

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Medicinal Chemistry and Molecular Pharmacology
Pharmacy Practice

PURDUE POLYTECHNIC INSTITUTE

Aviation Technology and Management
Computer and Information Technology
Computer Graphics Technology
Construction Management Technology
Engineering Technology
Technology
Technology, Leadership, and Innovation

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Computer Science
Earth, Atmospheric, and Planetary Sciences
Mathematics
Physics
Statistics

COLLEGE OF VETERINARY MEDICINE

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Veterinary Clinical Sciences

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Purdue is centrally located in West Lafayette, Indiana - approximately two hours south of Chicago, Illinois and one hour north of Indianapolis, IN.

Questions? Email gradinfo@purdue.edu

