



COURTNEY LUCKY

B.S. BIOLOGY '16

Self-described as a “hippie at heart,” new alum (last month) and aspiring neuroscientist Courtney Lucky says, “I love meditation and yoga.”

A hippie *and* a scientist?

Yes.

“I love utilizing the power of the mind,” says Lucky. “I’m passionate about exploring our untapped resources and finding ways to perpetuate healthy mind-body functioning. Yoga, meditation and modern medicine share a common goal: improving our quality of life.”

Lucky’s desire to help those suffering from cognitive decline and related issues led her to seek employment as a caregiver. For the past four years, she has worked at Sunrise Assisted Living in Westlake Village.

“This job is so fulfilling because I get to make a difference every day in someone else’s life,” she says. “I help residents do things they can’t on their own and, in the process, I have the opportunity to make their days pleasant. I also get to grow as a person and a health care professional because I’m constantly faced with new challenges.”

As Lucky embarks on this next phase of life, which, she says, eventually will include graduate school or medical school, she will draw on rich experience gained during her undergraduate years.

“CI gave me all the tools for growth,” she says. “I was able to travel to other states – and even to India – to gain a better perspective. I participated in a prestigious bio-medical summer internship program, and I interacted with and learned from the best teachers. All of these experiences helped me become the person I am today.”

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