Chris White is a fourth-trimester Doctor of Chiropractic student from Brantford, Ontario (Canada). After earning a bachelor's in human kinetics at the University of Guelph in 2016, he went on to complete a master's in neurophysiology in 2017. His thesis was on the use of diagnostic ultrasound to detect changes in muscle echogenicity during submaximal contractions. Chris became interested in becoming a chiropractor after he did a magnet program in high school, which allowed him to shadow several doctors for a week at his local hospital. He soon realized that the medical doctors did not have as much patient interaction as he was looking for in his future profession. He was then encouraged to shadow the chiropractor who was treating him routinely to see if he might prefer a career in chiropractic instead.

After deciding on chiropractic as his career, Chris visited New York Chiropractic College for a tour and interview and immediately felt welcome and comfortable. With such a great experience on his visit, NYCC was clearly the school for him. Since enrolling at NYCC, Chris' favorite classes have been the technique classes, but Extremities Technique with Dr. Emily Canfield has made it to the top of his list.

Once Chris graduates, he plans to associate at an office in Brantford, Ontario, and then to move to British Columbia to work with his cousin. Chris has a strong desire to live in or near mountains someday, as he says that something about them makes him feel at home and peaceful.

Chris's advice for future NYCC students is to never take for granted the advice and feedback from the doctors that teach you. It's easy to get caught up with learning new techniques and feel that you know it all, but remember that some of the doctors teaching you have been in practice longer than you've been alive and just want to see you be the best adjuster you can be.