



WCCS

World Congress of Chiropractic Students

The Reality of Balancing Life as a Chiropractic Student and a Student-Athlete

Gabrielle Nepton

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Introduction

With the demanding schedule of a chiropractic student, it's easy to assume there's no time for anything other than studying. At the *Université du Québec à Trois-Rivières* (UQTR) in Canada, a regular university student usually takes five courses per semester, for about 15 hours of classes per week. In comparison, a Chiropractic student at the same university averages 11 courses per semester.

This translates to approximately 29 hours of classes weekly for a third-year student and this doesn't even include internship hours. That's nearly double the time spent in class, and we haven't even started talking about studying yet!

However, somehow, we make it work. I often remind myself that many have walked this path before me, and many will follow. This mindset makes even the most overwhelming challenges seem achievable.

To give you some context, I am a third year Chiropractic student who works, plays sports for my university and is involved on the board of directors for the *World Congress of Chiropractic Students*. How can one possibly fit in work, participating in sports, having a social life and even sleep into such a packed schedule? For me, the answer lies in efficiency and integration.

... Time management, perseverance, and adaptability are skills I'll carry with me into my future Chiropractic practice...'



I work at the campus sports centre, which also happens to be where I train. This setup allows me to maximise my time by fitting in a workout right before or after my shifts. The convenience of having the gym on campus is a bonus, making it easier to stay consistent.

Of course, my involvement in sports doesn't stop there. I'm also on the university golf team, which adds another layer of responsibility. People often say golf is the perfect sport for Chiropractic students, and they're not entirely wrong. During the first three years of the program, we have summers off from school, giving me ample time to focus on my training.

To provide more context, in Quebec, Canada, the golf season is relatively short, limited to the summer with a brief window in late spring and early autumn, if the weather permits. This means our university tournaments are concentrated at the beginning of the academic year. I'll admit that balancing golf tournaments with the start of a new semester can be challenging. Missing several days of classes in September isn't an ideal way to begin the year and it does create obstacles to staying on track academically. What's more, the tournaments themselves bring unique challenges. After spending 10 hours on the golf course, my teammates and I often find ourselves in a nearby café, books spread out, studying late into the night to prepare for upcoming exams. It's a delicate juggling act, but one that we have learned to manage.

I count myself fortunate to have a strong support system, including understanding professors and helpful classmates. Whether it's sharing notes, explaining complex concepts, or offering encouragement, their support has been invaluable. I am deeply grateful for their generosity and patience.

While academics and sports demand a lot of focus, it's also important not to forget the social aspect of university life. These are incredible years, some would even say the best of our lives. It is essential to take time to enjoy moments with friends and to build connections that can last a lifetime. This is what initially drew me to the *World Congress of Chiropractic Students (WCCS)*.

The opportunity to connect with Chiropractic students from around the globe and to learn about how Chiropractic care differs from one region to another was incredibly appealing. I consider myself fortunate to be part of this organisation and to have the chance to contribute. Taking time to get involved in such initiatives is, in my opinion, just as important as academic success.

From the very start of our Chiropractic education, we are taught the importance of both physical and mental health, not just for our future patients, but for ourselves as well. Maintaining a healthy lifestyle through sports like golf helps me stay focused and energised. It's a constant reminder that physical activity is not a distraction, but an essential pillar to my pursuit of success in body and mind.

Being a student-athlete has also taught me lessons that extend far beyond the classroom or the golf course. Time management, perseverance, and adaptability are skills I'll carry with me into my future Chiropractic practice. Just as every golf shot requires focus, precision, and intention, every patient interaction will demand my undivided attention and care.

By sharing my experiences, I hope to inspire other students to pursue their passions alongside their studies. It's not always easy, but with determination, creativity, and the right support, it's absolutely possible.

Gabrielle Nepton

Université du Québec à Trois-Rivières

Quebec, Canada

Director of Internal Affairs, WCCS

internalaffairs@wccsworldwide.org

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