

Muscling Through His LD

Taylor Doxsee '12 works to help others live healthier lives.

By Mark DiPietro

A competitive skier since age 10, Taylor Doxsee '12 brings a drive for excellence to everything he does.

Witness his zeal to raise his GPA from a 3.7 in his first semester at LC to a 4.0 in his second. "I thought, what if I went gung ho and strived for a 4.0? What if I defied the odds and excelled in my weakest subjects?"

Taylor only spent two semesters at LC—separated by a winter when he was on tour skiing—but he's a good example of how even a short-term experience here can have profound, lifelong effects. "I came into LC with the notion that I needed to get organized, create a plan, and move on to other things that I wanted to do as an independent person," he says. "I view myself as an independent person now, but I was shaking in my boots the first month I was there. I didn't know if I could do it."

Taylor had already experienced success on the slopes, excelling at various styles of skiing. School, on the other hand, had been "a daunting experience, with the embarrassment of not being able to phonetically read through 10th-grade literature" in front of his class.

"A big part of having an LD and surviving the standardized education system is that you have all these battle scars. Once I got to Landmark College, I recognized the abundance of attention that was available to me. The consistent motto from all faculty I encountered was, 'We're on your side as long as you want this as bad as we want this for you.' That galvanized my efforts and made me see I could be successful in school." The support and mentorship he found from people like professors Eric Matte (communications) and Jim Koskoris (business) changed everything.

"Throughout Prof. Koskoris' curriculum, I felt I was learning how to teach myself to break information down in an effort to comprehend information more efficiently. Prof. Matte infinitely enhanced my comprehension skills, teaching me how to listen thoroughly with my ears and, equally so, with my eyes to notice physical mannerisms."

Matte says, "Taylor arrived at Landmark College with high self-awareness, strong intentions, and a motivation to learn. He quickly started to fully understand himself as a learner. He was not 'tech oriented,' he was people oriented, demonstrating great empathy and curiosity about his peers, and in this day and age, those are the skills needed in today's world."



Photo by Mark DiPietro

Taylor Doxsee '12, a personal trainer at Equinox in Boston, helps a young athlete perfect his form.

Those skills have been invaluable in Taylor's career as a personal trainer at Equinox in Boston—an outcome he says he wouldn't have achieved without LC. Recently certified as a Tier 3 trainer at Equinox, Taylor says the standardized exams and classroom curriculum to achieve this certification would have been disastrous if not for the strategies and self-advocacy he acquired at LC.

Prior to competing in a World Cup qualifying event in 2013, Taylor suffered a medial cruciate ligament strain that sidelined his skiing career. He didn't let it dim his ambitions for a career in sports and wellness, though. He enrolled at the National Personal Training Institute of Florida, where an Equinox representative interviewed and recruited him. Working in a health-oriented field, seeing his clients' progress, and knowing that he has changed their lives for the better

allows Taylor to realize that he is succeeding.

"It's all about helping people live better, happier lives, and giving them a plan. I love the joy of seeing people move past pain and difficulty, and knowing I'm responsible for helping them." 🐦