

## **Savannah LeBarre Interview:**

### **How would you describe your area of study to a novice?**

My area of study is counseling psychology. Basically, I am learning about counseling psychology and how to counsel others. My goal in counseling is to listen empathically and provide clients with skills to increase self-efficacy and empower clients. My main interest is in health psychology and helping with disease management, prevention, increasing positive health behaviors, mindfulness and relaxation, and providing support during stressful moments.

### **What is your primary motivation for persevering through graduate school?**

My primary motivation for persevering through graduate school is my hope of helping the world become a better place, even if my contribution is small. I want to help as many people as I can.

### **Do you think there is any value in social networking with other graduate students in non-related fields?**

Yes, I really think it is valuable. One can learn different skill sets and different perspectives from others in non-related fields. This can keep one from becoming too narrowly focused as well.

### **What is your favorite stress-reduction technique?**

I practice mindfulness and yoga to reduce stress. Also, just being in nature helps me reduce stress.

### **What is the last book you read strictly for pleasure and how long ago was it?**

I read Charlaine Harris's Sookie Stackhouse Book *13 Dead Ever After*. I read this book last summer so about a year ago. I love reading, but there has not been much time for that lately. I started reading *Darkly Dreaming* and had to pause on that.

### **Please describe your most meaningful academic relationship.**

My relationship with my mentor and advisor Dr. Ruth Riding-Malon. She has been not only an advisor academically, but has been a source of great support for me this year. I really value that relationship.

### **What surprised you the most about graduate school?**

Nothing really surprised me. I was excited to learn about how much I have in common with others who are in my graduate program. We took some personality and vocational assessments and we were all very similar.

### **If travel to Mars happens in your lifetime, would you want to be one of the scientists on board? If yes, what would you contribute to the mission?**

Well, as a future counseling psychologist I would possibly counsel those who are going to Mars or coming back from Mars. I personally would not really want to go there. I am happy where I am.

### **What is your favorite comfort food and why? How often do you consume it?**

My favorite comfort food is macaroni and cheese. I think it is my favorite because I seriously love cheese and also because my mother would always make it for me when I was not feeling well.

**If you hadn't been admitted to graduate school, what do you think you would be doing right now?**

Taking the GRE again, doing more research, and taking extra classes until I could get into graduate school. I would still be a pharmacy technician while I was preparing more applications and interviewing for graduate programs.

**When do you expect to complete your degree?**

I expect to complete my degree in May 2017.