



**LOYOLA
UNIVERSITY
NEW ORLEANS**

CHI SIGMA IOTA
ALPHA PHI CHAPTER
LOYOLA UNIVERSITY NEW ORLEANS

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Greetings faculty, staff, students, and alums:

Spring has sprung! The birds are chirping and pollen coats every surface in the great outdoors. Your dedicated Chi Sig Board wanted to take this opportunity to remind you to stop and smell the flowers. Your first opportunity will be at the crawfish boil tomorrow, April 6, at 11am at the Fly! Come eat, drink, and be merry with all of your fellow counseling students! Also, in April there are a lot of great activities going on in our fair city. For example, Women's Final Four will begin on April 9 at the Arena, French Quarter Fest will be April 11-14, and the first Jazz Fest weekend takes place April 25-28 (check out <http://goneworleans.about.com/od/festivals/a/April.htm> for other great events). Although we all have lots of work and stress, we should also be having lots of fun! Just remember that in order for us to take care of others, we must first take care of ourselves!

Sincerely,
Lisa Chew

Treasurer, Chi Sigma Iota: Alpha Phi Chapter



Calendar of Upcoming Events

April

1: Easter Break cont.
6: Crawfish Boil
8: Registration for Summer/Fall
20: NCE
26: Comps (oral)

May

2: Last day of classes
6-9: Final Exams
9: Graduation celebration
11: Commencement

Chi Sigma Iota Eligibility

Students are invited to join CSI during the Fall and Spring Semesters. Consideration is based on the following criteria from our chapter by-laws:

4.1 The following shall be deemed eligible for membership in the Society through endorsement of their chapter:

4.1.1 **Students:** Those students who are enrolled in a counselor education program leading to graduate degrees (Master's, specialist, or doctorate).

4.1.1.1 They shall have completed the equivalent of at least one full academic term (semester or quarter) of counseling courses carrying approved graduate credit as defined by the institution and are deemed promising for endorsement as a professional counselor whose ethical judgment and behavior will be exemplary.

4.1.1.2 They must have maintained an overall scholastic grade point average of 3.5 or better (on a 4.0 system), or the equivalent, while enrolled in the program.



Mandated Reporting Presentation

Stacie LeBlanc, Executive Director at New Orleans Children's Advocacy, has graciously prepared a presentation to update us on these new laws. Please join us in the conference room (Mercy 205) on Monday, April 15th from 1-3pm. Since she is donating her time, we ask you to give back by bringing cups 16oz, gloves, paper towels, culinary packs, or canned food that Chi Sig will use at our upcoming service event.

Reminder:

Current CSI Members: Please cast your votes for the new 2013-2014 board members!

2012-2013 CSI Board

President:	Matthew Watson
President Elect:	Leigh Boyer
Secretary:	Kathleen Hancock
Treasurer:	Lisa Chew
Parliamentarian/	
Historian:	Mary DePartout
Alumna at Large:	Stephanie Ducros

Call for Submissions

Is there a topic in counseling that you want to spread the word about? Here is your chance!

We are currently accepting article proposals for the next issue.

Send your ideas to Mary DePartout at mdeparto@loyno.edu.

We look forward to hearing what you have to say!

Events

Unity Through Understanding Day Workshop

March 20, 2013



Caitlyn Galjour, Nicole Snyder, and Mary DePartout participated in the Anti-Defamation League's Annual Unity Through Understanding Day Workshop at the Jewish Community Center in Metairie on March 20, 2013. The program brings juniors and seniors from public and private high schools throughout the greater New Orleans area together to discuss bias. Caitlin, Nicole, and Mary students served as facilitators for groups of approximately ten students and led interactive activities intended to break down stereotypes, develop a common language, discuss the Pyramid of Hate and encourage the students to explore their own biases and prejudices. The Unity Through Understanding Day Workshop is sponsored in part by Family Service of Greater New Orleans, where Caitlin, Nicole, and Mary are currently intern.

Spring 2013 Chi Sigma Iota Induction Ceremony

March 21, 2013

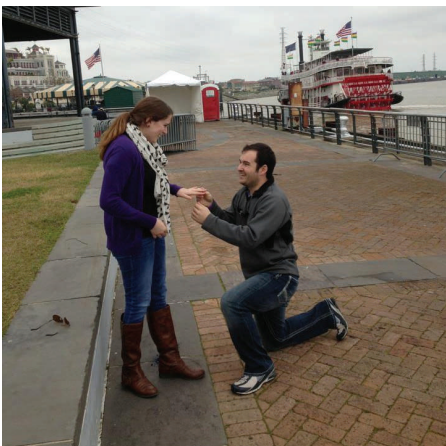
Loyola University New Orleans students inducted:



Nasima Khan
Molly Holmes
Shaina Spector
Bri Cortez
Stephanie Spengel
Kaitlin Short

ANNOUNCEMENTS

Engagements



Ali Rivera ('12) and Hal Martin



Justin Genovese and Maria Impastato
Check out the proposal video at
http://www.youtube.com/watch?v=_GK-8AvmF-

Jobs

Kevin Bridgmon ('12)
Louisiana Support Service

Nelsie Stern ('12)
KIPP New Orleans Leadership Primary

Liz Green ('12)
Townsend Counseling Services

Other

Becca Bourgeois was confirmed into the
Catholic Church at Holy Name of Jesus Parish



Congratulations to you all!

The Application of Theory

A Poem by Jesse Roessler

It's like when you first rode your bike down a hill as a child and you realize you put this in motion but you are at the mercy of gravity part of you wants to slam your heels down but you know that would put your face first forward into the concrete it's more exhilarating than you ever expected that listening could be
You're woefully inadequate and exactly who is needed for this precise purpose you're just learning how to make the reflex automatic but for now it's still all elevated blood pressure and what do I do next?



CACREP...that six-letter acronym that is responsible for the additional 5-10 pages of goals and objectives to all of our course syllabi. As a student at Loyola University New Orleans' Department of Counseling, I knew that

CACREP was important. I knew that our standing as a CACREP accredited program made our program "better" than other programs (in my head, at least). But if I were being completely honest, I was largely ignorant about exactly what CACREP is and why our being a CACREP accredited program was important.

CACREP is an independent agency recognized by the Council for Higher Education Accreditation to accredit master's degree programs in: addiction counseling, career counseling, clinical mental health counseling, marriage, couple, and family counseling, school counseling, and student affairs and college counseling. In the late 1960s and early 1970s, the Association for Counselor Education and Supervision (ACES) developed

a number of standards and accreditation-related documents that allowed them to conduct voluntary accreditation of counseling programs. ACES approached the American Personnel and Guidance Association (APGA, a pre-cursor to ACA) about cooperative accreditation efforts and the result was the establishment of CACREP in 1981.

So what does all of that mean for us? CACREP accredited programs must undergo re-accreditation every 8 years. This process entails representatives from CACREP examining everything from our required courses, our filing systems, our syllabi, and coming to the school to interview current and past students, meet with the faculty, dean, provost, and president of the University, and making sure that everything that we do meets CACREP standards. This past March, we received a visit from CACREP, and everything went incredibly smoothly! The representatives were extremely impressed by our outstanding faculty and our previous and current students. Thank you to everyone who took the time to talk to the CACREP representatives about our program!

~ Michelle Gay

Revolutionizing Diagnosis and Treatment Using the DSM-5 Seminar

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is published by the American Psychiatric Association. The manual is an important tool for mental health professionals to be able to provide accurate diagnoses, develop effective treatment plans and expand upon clinical judgment. The APA will launch a new edition, the DSM-5 in May of 2013.

Are you interested in becoming acquainted with the new manual?

On April 26th there will be a seminar held at the Holiday Inn New Orleans titled, "Revolutionizing

Diagnosis and Treatment Using the DSM-5". A variety of topics will be included:

- New classification system
- Newly organized trauma disorders
- Changing diagnostics for children & adolescents
- Treatment planning
- New diagnoses
- Revised categories for Schizophrenia, Mood Disorders and more.

For more information visit : <http://www.pesi.com/search/detail/index.asp?eventid=16790>

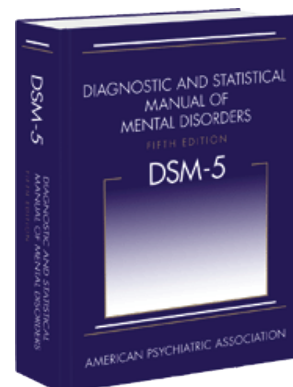
Early registration fee: \$89

Are you interested in attending, but don't have the funds?

A 50% student discount is granted with a copy of your student ID and proof of current enrollment. Call 1-800-844-8260 to obtain more information.

If you still need further aid, the Student Government Association (SGA) allocates certain funds that help students attend seminars and participate in various educational opportunities. All you have to do is attend a senate meeting held every Wednesday at 5pm and submit a proposal of why you wish to attend. For more information contact sga@loyno.edu.

This is a wonderful opportunity to interact with other mental health professionals while learning new information that will be featured in the DSM-5. Plus, there are funds for you to attend!



~ Nina Stewart

A SHORT PRIMER ON GENDER THEORY AND SEXUALITY

With the Supreme Court hearings regarding Proposition 8 and the Defense of Marriage Act in the news recently, equality for gays and lesbians has been in the national spotlight. As counselors, it is important that we pay attention to the social and legal realities that affect our clients. I wanted to take this opportunity to write briefly about gender identity and sexual orientation.

Gender identity and sexual orientation are two distinct yet interrelated parts of an individual's identity. Gender identity refers to one's self concept as being male, female, or another gender (or, in some cases, the lack of a gender). Sexual orientation refers to one's desire, or lack of desire, for other individuals of specific gender(s). People do not need to know their sexual orientation in order to understand their gender identity. Their sexual orientation, however, is dependent upon their gender identity.

As unique people, the clients we see will have a wide variety of identities and experiences. It is important to resist generalization. Two individuals may share the same gender identity and sexual orientation, but how they form and experience their identities will be unique. Both gender identity and sexuality are integral parts of people's lives. Both are part of how individuals operate as independent selves and social beings.

One of the most crucial questions we can ask as counselors is: how do you identify? It is not a question we have been socialized to ask, but it helps prevent inaccurate assumptions about clients' identities. We should strive to gain knowledge through research while at the same time understanding each client, regardless of their gender identity and sexual orientation, has their own unique identity.

~ Jesse Roessler

Happy!



Most of our studies lead us to understand why people are hurting. We do research to learn about how we can help, read books on what is wrong with people and what are the necessary steps to make them right. We measure depression, disability, attention, but when was the last time have you read on measuring levels of happiness? In a documentary aptly entitled "Happy" they present past and current research being done on studying happiness in people.

The film boasts of many accolades received at various film festivals. Director Roko Belic and his crew present clips of life stories from people all over the world, asking them what makes them happy. All around the world! Here's the kicker- as they pan in on world to view the first location, we find ourselves honing in on South Louisiana! A fiddle playing in the background accompanies scenes of soaring pelicans, perched egrets, alligators still as the water, and a happy man named Roy Blanchard, Jr. just sittin' in his skiff on the bayou.

"Dis is ah pahradise fuh me! Das why I love it soh much! You don know whatcha gunna see, look dat allagatuh on dat big log!"

Say it out loud and give yourself a good giggle, because you are here! In happy south Louisiana! A place where our popular catch-phrases all ring true of a happy song, "Laissez les bon temps rouler, y'all!" I strongly recommend that you check out the documentary "Happy" if you have the opportunity. It's streaming for free on Netflix and I promise it will make you smile.

~ Becca Bourgeois

MANDALAS AND MEDITATION

Last month I had the wonderful opportunity to lead an “Art Mindfulness” program at Trinity Church. For me, the cathartic nature of making art is a form of therapy, all on it’s own. Art’s unique ability to express emotions we sometimes can’t verbalize lends a deeper probe into our psyche. It offers an opportunity to literally view what is going on inside us.

I designed our evening to be a meditative program. Clarifying that we were NOT creating art, OR doing therapy, the mandala served as our inspiration for the evening. An omnipresent shape found throughout the universe, spider webs, pinecones, stained glass rose windows, and eyeballs are all examples of this fundamental design. Sound waves can even form a symmetrical mandala in sand or water. They are literally everywhere, existing as a powerful force held within a simple circle.

Having always enjoyed the company of my grandmother and her friends, I was delighted with my group of seven elderly women. I prefaced the experience by describing mandala creations as a very intimate and personal experience. The inside of the circle represents our inner selves, and the outside represents the outer world. These are our most private spaces. However, for others, it may be a communal experience.

After reading Compline (Episcopal evening prayers), the ladies got to work for about 15 minutes, each coloring inside a large circle. Music played an essential role in the experience too, as its presence helped regulate the energy, and even heart rate of the participants. With the help of a music therapist, I repeated a song with deep tones and slow rhythm. Since I wasn’t actually doing therapy, the music was carefully chosen in order to avoid taking the ladies too deep into their emotions.

After the 15 minutes, the women wrote down four words; Title, Theme (the idea of the mandala), Affect (the feeling or tone), and Question. This led to an extensive conversation, and several of the women described the sensation of creating as a peaceful probing inward. Enthusiastically describing their feelings and themes, a distinct sense of intimacy filled the air. It was powerful to see how even a quick, meditative exercise could create such a calming, therapeutic space.

As we create, the brain’s left lobe (where we store our repressed emotions and experiences) is stimulated (Norton, Ferriegel, & Norton, 2011). Art therapy integrates these damaged areas in a gentle, intuitive manner. There’s neurological proof! It may also provide a refreshing sense of inwardness, as it did with my seven participants. As therapists, I think it’s important to remember the power of the unspoken dialogue within every one of us. Art has the potential to unlock these feelings, often so difficult to verbalize.

~Frances Beck Rodriguez

Norton, B., Ferriegel, M., & Norton, C. (2011). Somatic expressions of trauma in experiential play therapy. *International Journal of Play Therapy*, 20, 138-152.




Internet Identity Privacy


If a client looked you up on the Internet, what would s/he find? A link to your Facebook profile? Twitter account? LinkedIn profile? Myspace page? Pinterest pin board? Etsy account? What else... As professional counselors, we have to be aware of the image of ourselves that we broadcast online. Say a potential client googled you to find your contact information and came across your personal information, however benign. How would their intimate knowledge of you affect the way they perceive you and interact with you in therapy.

Self-disclosure is not just something we have control over in session. Here, I have included some tips on how to limit what information is publicly accessible online. Many students in the program have already removed their last name from their Facebook profiles. Others have disguised their names by using nicknames or made-up names. Below are directions on how to change your Facebook privacy settings and remove access to links via search engines. You may have to do some additional research to determine how to ensure your privacy on other websites. I feel that it is better to be conservative when advertising ourselves online rather than inadvertently disclosing personal details of our private lives to clients.

FACEBOOK


To view and adjust your settings:

1. Click  in the upper-right corner of many pages
2. Select **Privacy Settings** from the dropdown menu
3. Click on a privacy setting to edit it or use the left-hand column to view your other settings

You can also quickly view and adjust some of the most widely used privacy settings and tools from your  Privacy Shortcuts at the top of many pages.

To control the privacy for posts, photos and other stuff you share on your timeline, you can choose your audience right when you post

To control whether other search engines can link to your timeline:

1. Click  in the upper-right corner of any Facebook page and select **Privacy Settings**
2. Look for the setting **Do you want other search engines to link to your timeline?** and click **Edit** to the far right
3. Make your selection using the check box

This controls whether a direct link to your timeline is returned in search results when people search for your name. Public information may still appear in search results. This includes things like stuff you share with the audience set to Public, posts and comments on Pages and open groups, and posts in the Community Forum section of the Help Center.

GOOGLE

Webmasters control websites and the content on them.

If you've found something on the Web that you'd like to have removed, you need to contact whoever controls that content. Most often, this means that you need to contact the webmaster of the page and ask them to take down the content in question. Even if you found the objectionable content using Google, Google doesn't have control over the sites we list in our search results.

Why do need to contact the webmaster instead of having Google remove the site?

You may dislike a site and want to have it removed from Google search results. However, if we remove this site from Google's search results, the webpage still exists and can be found directly (through the URL to the site) or on other search engines. The fact that it is in Google's index merely reflects that the page exists on the wider web, and not that Google endorses it. Instead, your best option is to contact the webmaster who can remove the page entirely.

How to contact a webmaster

There are several ways to contact the webmaster of a site:

- Find a 'Contact us' link or an email address for the webmaster on the site itself. This information is often easiest to find from the site's homepage.
- Look up a site's webmaster information using a special search called a 'Whois' ("who is?") search. You can perform a Whois search using Google: just search for [whois www.example.com]. The email address to contact the webmaster can often be found under Registrant Email or Administrative Contact.
- If you're unable to reach the webmaster, try contacting the site's hosting company, also usually listed in the Whois result.

If the webmaster has *already made the changes you requested* to a site that appears in our search results, you can request that we remove outdated information by submitting a webpage removal request.

~Mary DePartout



Comics submitted
by Katie Bowman



Public Service Loan Forgiveness Program

In 2007, Congress created the Public Service Loan Forgiveness Program (PSLF) to encourage individuals to enter and continue to work full-time in public service jobs. Under this program, borrowers may qualify for forgiveness of the remaining balance due on their eligible federal student loans after they have made 120 payments on those loans under certain repayment plans while employed full time by certain public service employers.

- You must make 120 on-time, full, scheduled, monthly payments on your Direct Loans.
 - Only loans you received under the William D. Ford Federal Direct Loan (Direct Loan) Program are eligible for PSLF. Loans you received under the Federal Family Education Loan (FFEL) Program, the Perkins Loan Program, or any other student loan program are not eligible for PSLF. If you have FFEL and/or Perkins loans, you may consolidate them into a Direct Consolidation Loan to take advantage of PSLF.
- You must make those payments under a qualifying repayment plan.
 - To maximize your PSLF benefit, you should repay your loans on the Income-Based Repayment (IBR) Plan or the Income-Contingent Repayment (ICR) Plan, which are two of the repayment plans that qualify for PSLF. Other PSLF-qualifying repayment plans are the 10-year Standard Repayment Plan or any other repayment plan where your monthly payment amount equals or exceeds what you would pay under a 10-year Standard Repayment Plan.
- When you make each of those payments, you must be working full-time at a qualifying public service organization.
 - Qualifying employment is any employment with a federal, state, or local government agency, entity, or organization or a non-profit organization that has been designated as tax-exempt by the Internal Revenue Service (IRS) under Section 501(c)(3) of the Internal Revenue Code (IRC).
 - The type or nature of employment with the organization does not matter for PSLF purposes. Additionally, the type of services that these public service organizations provide does not matter for PSLF purposes.
 - A private non-profit employer that is not a tax-exempt organization under Section 501(c)(3) of the IRC may be a qualifying public service organization if it provides certain specified public services. These services include emergency management, military service, public safety, or law enforcement services; public health services; public education or public library services; school library and other school-based services; public interest law services; early childhood education; public service for individuals with disabilities and the elderly.

*So, counseling alumni working at public or private schools or universities, counseling or addiction agencies, or any other non-profit organization may qualify. Most alumni may spend their years obtaining licensure in these areas but some will transition to private practice before the ten year period. For **more information** on PSLF, visit www.studentaid.ed.gov/repay-loans/forgiveness-cancellation/charts/public-service.*

Are you interested in a particular Practicum or Internship Site?

Why not ask someone who is there now?!

Shawn Allen-Boyd	Broadmoor Community Care
Jessica Alvendia	Jefferson Parish Juvenile Services
Christine Bagala	Trinity Counseling and Training Center
Melody Baker-Marks	KIPP New Orleans Leadership Primary
Lisa Chew	Womanspace Louisiana
Basem Darwish	Dillard University Student Support Services
Mary DePartout	Family Service of Greater New Orleans: East Jefferson
Ari Evans	Addictions Counseling and Educational Resources (ACER)
Caitlyn Galjour	Family Service of Greater New Orleans: St. Bernard
Jill Glenney	Family Service of Greater New Orleans: Canal Street
Gayle Guillory	Trinity Counseling and Training Center
Katie Hancock	Broadmoor Community Care
Walesa Kanarek	Family Service of Greater New Orleans: East Jefferson
Nate Koch	Jewish Family Service
Danielle Newton	Trinity Episcopal School
Alison Phillips	Beacon Behavioral Health
Alison Proctor	Plaquemines Community Care
Nicole Snyder	Family Service of Greater New Orleans St. Bernard
Sean Tate	Kingsley House
Matthew Watson	Trinity Counseling and Training Center
Harrison Wool	Addictions Counseling and Educational Resources (ACER)



Spotlight on New Counseling Student

Chelsea Faught

Chelsea is from Birmingham, Alabama and went to Mississippi College. She joined us in Spring 2013!

Q: What made you choose Loyola University when it came time for you to decide where to go for graduate school?

A: I want to work with children, and Loyola has several play therapy classes that I could take.

Q: What was your interview experience like?

A: I was nervous. I just did not know what was going to happen.

Q: What's your favorite part of the counseling program so far?

A: I like the hands-on experiences that we get. I was nervous for my first practice play session, and I was not sure what I was doing, but I have learned a lot by doing those sessions. Instead of just being taught what to do, we get the opportunity to practice what we are learning while everything is fresh in our minds. Those experiences also help ease us into counseling instead of throwing us into practicum and internship with no previous experience.

Q: What's your favorite counseling class this semester?

A: I get most excited about play therapy. It is what I have been wanting to do for a while, and I am finally learning how to have play sessions.

Q: What are you most looking forward to about your time in the program?

A: Practicum and Internship. I know that I have a lot more to learn before I am ready for that, but I am excited about getting to practice what I am going to do for the rest of my life.

Q: What was moving to New Orleans like?

A: Nerve wracking. I did not realize that this city is as crowded as it is. I also didn't really know anyone, so that was way different than undergrad where I lived in a dorm with everyone I went to school with.

Q: What is your favorite part of New Orleans? Least favorite part?

A: I hate driving in this city. There are so many cars on the road, and the roads are so bumpy that I feel like I am white water rafting on concrete. And, now, they are doing roadwork on about half of the roads that I drive on. What do I like about the city? I have only been here for 3 months, so I am still getting adjusted. The houses are cute. They have their own style. And I like that the beach is a little more than an hour away. I also like the fact that Wicked will be here for an entire month. It is a fantastic musical!

Q: What's your favorite restaurant here?

A: I don't eat out much, but I have been to Copeland's, and those were interesting experiences. I also went to Venezia's, and that was good.

Q: Did you do any Mardi Gras celebrating? What's your favorite Mardi Gras memory?

A: Katie Bowman, KC, and some other people took me to some parades to celebrate my birthday (thank y'all!), so that was fun. For actual Mardi Gras, I went home to Birmingham to visit my family and see a musical, Billy Elliot, which was awesome.

Q: What is your best piece of advice or guidance for new students?

A: I feel like the Counseling Program gives us lots of opportunities to learn about our profession as counselors. I feel like the assignments we are given are given to teach us and help us, not just "busy work" to help us pass the time. I guess I'd tell a new student to try not to just go through the motions but to really take advantage of those opportunities. I mean, it's only what we are going to be doing for the rest of our lives. Also, talking with people ahead of you in the program can help prepare you for what is coming.



Interview by Kaitlin Short



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Spotlight on the New Graduate Assistant

Kaitlin Short

Kaitlin is from Baton Rouge and went to Millsaps College in Jackson, MS (Go Majors!). She joined us in Fall 2012!

Q: What made you choose to come to Loyola University New Orleans?

A: I had always been interested in the program from the start of my grad school search because it just seemed so different from other programs I was also considering, plus, I've always loved New Orleans. Loyola was actually my last grad school interview, but the second I finished the interview here and walked out of Mercy Hall, I KNEW that was where I wanted to be, like I was home. I was so impressed with how great the professors were but also the applicants I interviewed with (looking at you, Molly Holmes and Chloe Kingery!). The GAs were so welcoming and informative also - it was such a different experience than any of my other interviews and one that made me realize that I just fit here.

Q: What made you want to become a fabulous GA?

A: Seeing how involved the GAs were and how devoted they are to the program! They were really welcoming during my first weeks, which can be a scary time, but they made everyone feel so comfortable. I wanted to be able to do the same!

Q: What do you like most about being a GA?

A: I LOVE being in the Big Room all the time and getting to see and meet so many counseling students that I hadn't been in contact with before. But, I think I like the idea of helping the department the most. Being a student here has already done so much for me as a person and future clinician, so the fact that I can give my time and efforts back to the program is fantastic.

Q: Do you also work another job? How do you like it?

A: I do! I'm a nanny and helper for a fantastic family in Old Metairie. They're great and so understanding of my school schedule, so I'm really grateful to be working for them.

Q: What is your favorite class this semester?

A: Tough one! I've got to go with Ethics because I love the conversations we have in class, but Philosophy and Group are incredibly close seconds.

Q: What made you decide to become a Counselor?

A: I was actually pretty set on becoming a clinical psychologist for a good while in undergrad. However, my experiences in research settings during that time made me realize that I was the most driven towards connecting with and listening to others, not in research. I worked in a hospital and realized that I enjoyed connecting with patients and hearing their stories so much more than collecting data and facts from them.

Q: If you could witness any past, present, or future event, what would it be?

A: A Beatles concert most definitely. Or Woodstock.

Q: If you won the lottery, what is the first thing you would do?

A: Pay for school in full, donate to an animal shelter...then buy a gorgeous house on St. Charles or Magazine.

Q: What is the #1 most played song on your iPod?

A: Neighborhood #1 (Tunnels) by The Arcade Fire

Q: What would you name the autobiography of your life?

A: Whaaaaat? (The actual title, not a response to this question, which is totally accurate if you know me well)

Q: What is your most embarrassing moment?

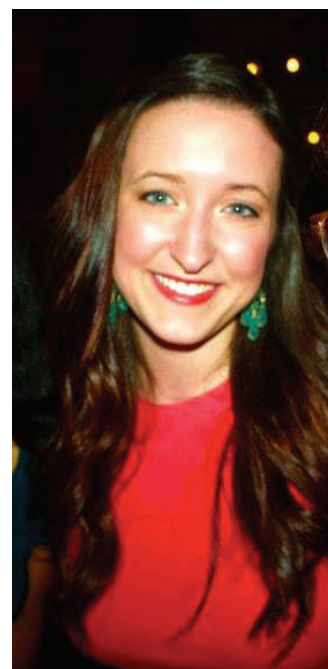
A: Going through a day-long graduate school interview....with my zipper down. YOLO.

Q: The best part of waking up is? (Not Folgers in your cup!)

A: Waking up in NEW ORLEANS! Or green tea.

Q: What is the last experience that made you a stronger person?

A: I really think moving into my own place and making sure I'm always stocked with food and toilet paper, paying bills and rent, etc. has made me realize that I'm actually a pretty capable adult, which is a really great feeling. I remember feeling absolutely terrified and incompetent the night before I moved into my house, but I've turned out okay so far - and have become a pretty good amateur chef!



Interview by Stephanie Spengel