

Garrett Holloway Interview:

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

Industrial organizational psychology is the branch of psychology that applies psychological theories and principles to organizations. Often referred to as I-O psychology, this field focuses on increasing workplace productivity and related issues such as the physical and mental well-being of employees. Industrial organizational psychologists perform a wide variety of tasks, including studying worker attitudes, attributes, and behavior. They may also evaluate companies, or design and administer selection or training programs. The overall goal of this field is to study and understand human behavior in the workplace.

What is your primary motivation for persevering through graduate school?

I-O Psychology has tremendous potential to improve and humanize organizational processes that can sometimes be perceived as tedious and impersonal, and I think that can go a long way to improving the work lives of many people. Knowing that my graduate training will enable me to become a part of this process keeps me focused on graduate school.

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

Absolutely! I certainly believe you can learn something from everyone. It's particularly good to network with people in different fields because they can help you see things from angles you may not have previously considered.

What is your favorite stress-reduction technique?

To de-stress, I usually go for a run in Bissett Park. Sometimes, I'll take my bike out to the New River Trail and just ride for a few hours, enjoying the peace and quiet. If I do not feel like being alone, I will try to recruit some friends and classmates to go on a hiking trip.

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

I am currently reading *Unbroken* by Laura Hillenbrand. It chronicles the story of Louis Zamperini, an Olympic track star turned World War II hero, who survived a plane crash in the Pacific theater, spent 47 days on a raft, and then survived two and a half years as a prisoner of war.

Please describe your most meaningful academic relationship.

My most meaningful academic relationship has been the relationship I share with the other members of my cohort. There is no way I could have picked up my life in Louisiana and successfully transitioned into the graduate routine here at Radford without my awesome classmates by my side, all supporting one another.

What surprised you the most about graduate school?

The one thing about graduate school that truly surprised me is the support network. I knew there would be a ton of work, endless reading lists, and lots of new experiences, but I did not expect to make so many new friends—people who I know I will stay close to for the rest of my life.

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?

I like to keep my feet planted firmly on Earth, so I most likely would not join the scientists on board the ship to Mars. However, as an Industrial-Organizational Psychologist, I would be eager to help in the process of selecting or developing a training program for the scientists who *do* get to make the journey.

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

I am a huge fan of the traditional Thanksgiving Dinner. The sweet potato casserole is a particular favorite of mine. Sadly, it only comes once per year; but the sweet potato casserole at Due South Barbeque in Christiansburg is an excellent substitute when I just cannot wait until November.

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

Had I not come to Radford University, I think I would have continued working alongside my Aunt at her small business, Bocache Bee & Honey Co., for at least two more years. From there, I would have considered pursuing a career in real estate.

When do you expect to complete your degree?

I hope to receive my degree in May of 2015