

Dominique Boone Interview:

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

I am learning skills and techniques to help individuals to become more successful and productive in various areas of their lives. I plan to work collaboratively with individuals to address goals they have set for themselves—ultimately my role will be that of a supporter and an encourager.

What is your primary motivation for persevering through graduate school?

I have always been determined to do something that I love and that is a challenge for me. My primary motivation for persevering through graduate school is my love for psychology and for helping others. I understand that I need a certain amount of knowledge, skill, and education to help people effectively and I am willing to endure in order to make my dream a reality. I think that everyone needs support and encouragement and if I can help people on their paths in life, then I will be doing something meaningful. A quote by Frederick Beekner reflects my motivation for persevering: "To find your mission in life is to discover the intersection between your heart's deep gladness and the world's deep hunger."

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

Certainly! There is always more to learn and no one person or field has all the right answers. Interacting with others in non-related fields has added such richness and diversity to my perspective that I think it would be detrimental not to do so.

What is your favorite stress-reduction technique?

I absolutely love spending time with my family. I find that my relationships with my family keep me centered and grounded and to me there is nothing more important than the people I love. I also enjoy watching television and movies, listening to music, and playing with my adorable dog Tristan.

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

Unfortunately I do not have a lot of extra time to read for pleasure so the last book I read was probably 2-3 months ago. It was a book called *I've Got Your Number*, and it was a fun and light-hearted book.

Please describe your most meaningful academic relationship.

My academic relationship with Dr. Tracy Cohn has been my most meaningful. Dr. Cohn has been instrumental in helping me develop as a counselor while remaining successful as a student. He is very supportive and also challenges me to grow—two things that I respect and appreciate. Since working with Dr. Cohn, I have been introduced to new and interesting areas of research and have been able to really find my place in the field of psychology. Dr. Cohn is available when I need help and an outstanding source of support for me. He has been an amazing mentor and advisor to me since I began working with him years ago in my Master's program.

What surprised you the most about graduate school?

The amount of information that can be learned! I had no idea that the field of psychology was so complex, diverse, and comprehensive. There is so much to learn and so many opportunities that I did not know existed. This was a very pleasant surprise!

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?

Yes, I would like to be one of the scientists traveling to Mars. I am always open for new adventures in life and this would be a great one to have. I would love to contribute a listening ear and support to my fellow travelers.

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

My favorite comfort food is chocolate cake. I remember my mother making chocolate cake all the time when I was younger. Something about warm chocolate cake makes me think of home and my family and this is always a comfort to me! If I had my way I would consume it every day, but I resist the temptation and limit myself to having it once every few months.

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

If I hadn't been admitted to graduate school I would still be working in some capacity as a counselor. I really enjoy counseling as a profession so I would still be doing it! I would however, have more time to volunteer, and enjoy the beauty that life has to offer. I love to write poetry, take photographs, and interact with others.

When do you expect to complete your degree?

I will complete my degree during the summer of 2014.