

Bethany Lanier Interview:

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

To me, counseling is assisting individuals who may be experiencing social, psychological, and/or emotional instability. Building a relationship with clients, supplying the appropriate resources, and assisting them in gaining insight into their presenting problem is what counseling is all about.

What is your primary motivation for persevering through graduate school?

I think a lot of people do not fully understand mental health and the problems people who are mentally ill face. It is important for me to finish my program and become an advocate for those who are faced with a mental health issue.

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

Definitely. Even though we are all studying to become something different, we all have a lot in common. We are all going through the long hours of class and studying. We have people from different majors that take classes with us, and I always learn something new from them. It is nice to have diversity in our classes to gain different perspective.

What is your favorite stress-reduction technique?

I enjoy spending time with my nieces and family. I do not have a lot of free time so it's nice to get out of town and be able to spend quality time with them. I also really enjoy going to the movies and being outdoors.

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

I'm in the process of reading *The Hunger Games* trilogy. I'm usually not into books of that fashion but I read the first one, and now I'm hooked.

Please describe your most meaningful academic relationship.

I'd have to say my relationship with all the professors in the Counselor Education department. I cannot choose just one because they have all guided me in my development as a counselor. There is such a wonderful personal connection within our program.

What surprised you the most about graduate school?

The dedication from our professors. They are in our suite from the early morning until at least 9pm teaching us. They genuinely care and want to see us succeed and are always assisting us in whatever way they can.

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?

Oh no! I'd be too nervous to make any decisions!

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

Chicken and dumplings. My nana used to make them from scratch so they hold some sentimental value. I don't have the time to cook very often so I don't get to enjoy them as much as I'd like.

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

If I had not been accepted, I would be retaking the GRE's to reapply for admission. Counseling is my passion, and obtaining a graduate degree is crucial to starting my career.

When do you expect to complete your degree?

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