

## **Linda Ely Interview:**

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

Human behavior, emotions, spirit, and thoughts should never be considered separate from health. We are doing an injustice to our clients when we reduce them to parts.

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

At my age, I respect the job of role-modeling for others and learning is a life-long adventure. When I was 30, I thought of another degree as a means of advancement in my profession; now, my goal is to study so that I may advance!

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

Most assuredly! We gain understanding of our world by comparing it with others.

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

I love to ride my horse through the pine forests, plant flowers around the yard, and ride my bicycle on errands. It is a balancing act in graduate school to prevent brain fatigue.

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

Summer is a time for reading fiction. This summer, I read two of Jodi Piccolt's novels and a David Baldecci adventure. Both of these authors are great researchers who study human reactions and ethical dilemmas of our culture.

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

Last semester the SON hosted 10 BSN students and their 2 instructors from Taiwan's Chang-Gung University of Science and Technology. I found these people to be extremely humble, appreciative, and loving by nature. They are also extremely smart and well educated. It has been my privilege to develop and maintain an academic relationship with Chueh-Fen Lu (Sophia). She will present a fascinating paper in Australia in October: "The comparison between Virginia, USA and Taiwan: how geographical factors and philosophy of human rights shape mental health nursing". She has graciously named me as second PI. I have submitted a poster to an international conference in Finland, using the same visit as the source of study.

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

It is extremely challenging and worthwhile! I am surprised how much it has stretched my thinking.

### **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 am working on transcending so we may not need actual travel! I hope that I could add my excitement and encouragement to seek new horizons.

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

I am amazed at the new studies that promote red wine and chocolate. The researchers must be my age.

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

I would still be studying, but perhaps independently.

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

December, 2013.