

## **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.