



Why not aim for your best?

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PhD, Counseling & School Psychology

Florida State University as the Number ONE choice to pursue a graduate degree

FSU was the best opportunity that I had to pursue a PhD at a Research I University. I had a close research match with my major professor and the benefits of a combined program, relatively close to my hometown in Jacksonville sealed the deal.

Motivation to pursue a graduate degree

I am pursuing a PhD in psychology because of the professional flexibility it affords to either teach at the university level, practice as a Licensed Psychologist, or both.

Importance and/or impact of research and work

For too long, research on addiction has been overly focused on pathology and the past. With a positive psychology stance towards focusing on recovery from addiction, strides in the development and maintenance of successful treatment alternatives are abundant. Specifically, my research focuses on identity transformation, which I believe is a pivotal component of bridging the gap between short-term and long-term recovery.

Advice for anyone considering graduate school

Be thorough in your preparations and intentional in your actions. Experiential learning (volunteering, internships, etc.) has proved to be the best guide to transform curiosity into a solidified path marked by smaller achievable goals along the way.

Accomplishments during academic career

I earned my master's in psychological science in 2018 and my thesis, Achievement Linked to Recovery from Addiction: Discussing Education, Vocation, and Non-Addict Identity, was recently published in the Alcoholism Treatment Quarterly. I also pride myself in the joy that came from teaching research methods for three semesters at my former university. I am confident that FSU will provide a continuation of the success that I have only begun to realize.

Career aspirations

My goals are ambitious and very general at the same time, as I still have ample time to shape these goals. I imagine that I will likely end up in academia at some point as research and teaching have both come as natural and fulfilling passions. I also hope to become a Licensed Psychologist, likely (but not limited to) to work with people recovering from addiction. Serving as a psychologist in the military is also another direction I am considering.

