

# Proceedings of GREAT Day

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## An Interview with Kate Hesler

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*SUNY Geneseo*

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## An Interview with Kate Hesler

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**Hometown:** *Mahopac, NY*

**Major:** *Psychology and English Literature*

**Hobbies:** *Piano, tennis, reading, Netflixing!*

### **Do/did you like Geneseo? Why did you choose to come to Geneseo?**

*Kate:* Geneseo drew me in for its academic rigor, liberal arts focus, and warm atmosphere. Of course, I also fell in love with Geneseo's beautiful scenery! It was always high on my list of prospective colleges, but my decision to attend Geneseo was confirmed for me when I went to an accepted students overnight visit. I was surprised to see strangers smiling at me and greeting hello wherever I went. I decided to pursue my undergraduate degree at Geneseo because the college made me feel welcome, and I could envision myself there as a student.

Attending Geneseo is the best decision that I have made in my life. It is a place where I discovered a lot about myself and that absolutely changed how I see the world. I also formed the most amazing friendships at Geneseo. Since graduating, I miss Geneseo every single day. It truly became my home away from home.

### **Why do you feel that GREAT Day is important?**

The students at Geneseo are amazingly talented and have definitely made some fantastic achievements. GREAT Day is a phenomenal opportunity for Geneseo students to showcase their academic accomplishments and creative work. I loved attending GREAT Day as a Geneseo student because it was always really astounding for me to see all the work that students and departments accomplish each year.

### **How did it feel to present your work at GREAT day?**

Presenting at GREAT Day last year left me with some mixed feelings. I was excited to talk to the Geneseo students and faculty about my research on perfectionism and social anxiety in college students, but I was also nervous about public speaking in front of a large group of people. However, I am really grateful to my wonderful friends who allowed me to practice in front of them multiple times. After my presentation, I felt proud that I was able to share my research with the Geneseo community.