

Proceedings of GREAT Day

Volume 2018

Article 25

2019

An interview with student author Julia Cameron

Julia Cameron
SUNY Geneseo

Nicole Callahan
SUNY Geneseo

Follow this and additional works at: <https://knight scholar.geneseo.edu/proceedings-of-great-day>



This work is licensed under a [Creative Commons Attribution 4.0 License](https://creativecommons.org/licenses/by/4.0/).

Recommended Citation

Cameron, Julia and Callahan, Nicole (2019) "An interview with student author Julia Cameron," *Proceedings of GREAT Day*. Vol. 2018, Article 25.

Available at: <https://knight scholar.geneseo.edu/proceedings-of-great-day/vol2018/iss1/25>

This Article is brought to you for free and open access by the GREAT Day Collections at KnightScholar. It has been accepted for inclusion in Proceedings of GREAT Day by an authorized editor of KnightScholar. For more information, please contact KnightScholar@geneseo.edu.

An interview with student author Julia Cameron

Nicole Callahan

What did your involvement with GREAT Day mean to you?

I think it is good practice to be able to talk about your research both with people in your field and people outside your field; with people outside of your field especially because it's really easy to get caught up in this belief that everyone is using the same language for methodology and everything that you are. So, it's helpful to be able to share your results with everyone instead of just kind of staying in your little corner. But then, it is really helpful to practice presenting to other colleagues and professionals in your field because I was able to go to a conference right after GREAT Day, so it was really nice to have that practice before going to a more professional psychology conference.

What do you think GREAT Day adds to the Geneseo community as a whole?

I think it adds so much. It is such a wonderful day. I really just love looking at the schedule, and seeing what everyone is doing, and wanting to go to every single event. Because everyone's doing something really awesome and it's really easy to not be aware of those things. So, I like that this day kind of puts that more out in the open, and is like, "Go to this cool music performance," or, "Go learn about the political sciences." There's a lot out there that we don't always get to see because we're so focused on our specific major, so it's really nice to be able to see what other people are working on and to support each other.

Your piece was about how fictional portrayals of therapy affect the way people see therapy. What inspired you to write that paper and conduct that research?

I had been working in a media psychology lab with Dr. Kirsch on campus, so I had come from a background of wanting to do research that involved some sort of media variable. I was also generally interested in help-seeking behavior, which is essentially what encourages someone or discourages someone from seeking out mental health treatment and trying to figure out how to merge those, the media interest with the interest of what encourages someone or stops someone from going to therapy.

What were your goals in creating this work? Would you say it was looking at help-seeking behavior?

Yes. Because, I don't remember the exact statistic off hand, but a lot of people that could benefit from mental health treatment don't get it. There are many numbers of different reasons, but really one of the main reasons is this cultural stigma, and media can perpetuate that stigma. So really just trying to better understand that relationship between potential media stigma and help-seeking behavior.

What do you think conducting this research taught you about your discipline?

It definitely taught me that there aren't easy answers, because a lot of my data wasn't as conclusive as I was hoping, which was a little frustrating, but I think it is good to see that there's always more work to be done. One study with a hundred undergrads isn't going to solve the field or anything. So, it's helpful to continue research with that mindset, that this isn't the puzzle, but it's a very tiny piece of this much larger puzzle, and it's helpful to get any knowledge that you can.

Do you think that your GREAT Day presentation was in some way helpful in preparing you for the demands of life after graduation or in graduate school?

Yeah, 100%. I'm in a Ph.D. program for clinical psychology right now, and I'm doing a lot of the same work. I am continuing research in help-seeking behavior and barriers to treatment seeking. So doing the project in undergrad and being able to talk about it at GREAT Day, and with my mentor, Dr. Kirsch, as I was doing the project, really helped me formulate my research ideas and begin thinking in a research scope. I think GREAT Day helped me to be able to talk about my research interests with potential grad schools at interviews. Being able to frame my interests in a way that wasn't so confined to one specific class in undergrad, but was broader.

In retrospect, do you think your GREAT Day project was an essential part of your experience at Geneseo?

Definitely. Yeah. I did it as a capstone for the Edgar Fellows program, so it was something I had been thinking about through a lot of my undergrad career, and it did feel like a capstone. It was cool to take all my psychology knowledge, and the knowledge I had in the research lab, and just tie different Geneseo experiences together. It was a really helpful stepping stone to grad school.

How did you feel when you presented your work at GREAT Day?

Horried, but it was fun. I was a little nervous because I hadn't really done a presentation in front of multiple different professors before. At most, it was a presentation

to a professor and a lot of students. So, when I got up there and saw a bunch of different professors that I have had, I was like, “Oh, there’s a little bit of pressure here.” But then I was also really happy that they came out and were interested in the work I did, so it was also really validating. Despite some stage fright, I think it was a really cool experience. I felt good when it was done, and people were asking questions that showed they were really interested in what I had just talked about, it was cool to see that I was a part of that community.