



# Graduate Student Spotlight



*Kristin Naragon*

**PhD - Psychology - Clinical**

*BA, - Harvard University*

*MM, - Yale University*

**Winner of 2nd Place in the Social Sciences & Education Division at the 2007 James F. Jakobsen Graduate Conference**

**Please describe your thesis project in a short sentence.**

*My project examined how different components of extraversion relate to symptoms of depression and social anxiety in student and psychiatric patient samples.*

**How did you decide to go to graduate school?**

*I was getting a masters degree in music when I realized that I really missed studying psychology. I had always been interested in clinical psychology, and I decided that the intellectual rigor of research and the applicability of the findings to society were both important to me. Pursing a doctorate in clinical psychology seemed like the best way to work towards those goals, as it combines research and applied clinical work.*

**What made you decide to go to graduate school at Iowa?**

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**What are your long-term goals beyond your graduate degree?**

*To be involved in research and teaching as a professor of clinical psychology, and perhaps incorporating therapy and/or psychological assessment.*

**How has being a graduate student at Iowa prepared you to achieve those goals?**

*I have received good training in research from my advisor and from coursework that has made me more confident in my research skills. I have also been fortunate to have good clinical training experiences, doing therapy and assessment at the psychology department's training clinic and at the university hospital. Serving as a TA and RA has further helped to prepare me for working in academia.*

**You are a winner of one of the top awards at the Jakobsen Conference in a previous year. What did you enjoy most about the Jakobsen Conference experience?**

*I enjoyed the opportunity to learn about the work of other students at Iowa, particularly in fields that I am less familiar with. I also appreciated being able to present my work in a friendly, supportive environment.*

**Hometown:** *Grosselle, Michigan*

**Advisor:** *David Watson*

**What are some of your interests outside of school?**

*music (piano, organ, harpsichord), reading novels, kickboxing, yoga, cooking*

**Are there any particular challenges you've faced as a graduate student at Iowa?**

*Learning to divide my time among research, course work, and clinical work (as well as the non-academic realms of my life).*

**Do you have a particular mentor who has played an important role in the development of your thesis or your career trajectory?**

*My advisor, Dr. Watson, has given me a lot of freedom to pursue my ideas. He has provided the support, guidance, and resources necessary for me to carry out my research.*

**Please note any significant honors you've received .**

*2007 Smadar Levin Award Honorable Mention (from the Society for Research in Psychopathology), University of Iowa Presidential Fellowship*

