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Mrs. Parrish  
Writing Capstone  
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## Interview Questions and Transcript:

**What's your name and age?**

Lexi Pauls, 20 years-old

**Were you born in Farmington or a neighboring town?**

Farmington.

**How long have you lived in Farmington?**

Whole life, but moved to Springfield for school as a transfer student. I went to MACC with Brandt for a year and then moved here.

**Please tell me about a favorite memory you have of Farmington.**

Gosh, I feel like there's nothing to do in Farmington. For memorial weekend, we always have the family come up to hang out, and one year we got a big waterslide thing and we kept flying into the woods and we had to put tarps down. My whole family was there, aunts, uncles and cousins.

**What exciting or interesting things have happened in your life lately?**

Nothing. I'm so boring. I just got my apartment for next year, and I'm excited about that, so I don't have to live in the dorms anymore because I transferred here. This is my first year at Missouri State.

**What events do you have coming up? Tell me about them.**

I have my finals coming up next week, and they're in World Religion, Gender of Society, Psychology and Sociology. I have a nonfiction writing class also.

**What's your favorite subject? Why do you like it?**

I like psychology because it talks about how the human brain thinks and I like knowing what's going on in people's heads.

**What goals do you have in your life right now?**

My goal is to get my doctorate in psychology and open up my own practice where I help people going through anxiety and depression. I want to have my own practice where dogs can come in and help settle down their anxiety before they come talk to me.

**Why did you want to include animals?**

Since I've been away from home, I had 4 dogs, and since I came to school, I can't have dogs in the dorms and when I see dogs out it makes me happy. I miss my dogs from home, and since coming to school I've noticed that without them I've been feeling depressed, but when I see animals I feel happy, and I feel like animals can put people in a better mood and can help people get out of depression and they help with the negative things in life.

**Is there anything you're struggling at with the moment that you think other's might relate to?**

I feel like a lot of people, especially in college, relate to anxiety, depression, and I feel like a lot of people can relate to that, because we just want to get good grades. And it's really hard because a lot of people are sleep deprived.

**Can you think of an instance or a story that made you want to get involved with mental health.**

I've had anxiety for a long time, since sophomore year of high school. Depression, everyone has it, it's just that some people have it more. I've had friends and family members that have lost people from depression and suicide. When I took psych

and sociology classes, I've understood more about what others are going through. I've always wanted to help people out. I feel like once I took these classes that I'd be able to help anyone going through a rough time. Just want to help.

**So your classes really helped you identify how you could made a difference?**

Yeah they really did.

**What community do you lean on for support?**

My family is my first, and then I have my friends. My family is my number one support group.

**Do they support your goals?**

Yes, my mom was a little iffy because it's hard to start your own practice and everything, and my dad doesn't really care.

**Do you want to have your practice in Farmington? Or go somewhere else?**

I don't want to live in Farmington. My goal is to live in Alabama. It's more about where I'm needed at this point. There might be so many practices in Alabama that there's no need for me to live there.

**Why Alabama?**

Alabama has been my favorite state since I was little. We always travel there since I was little. It seems like Farmington there, but I know everyone in Farmington already and I want a fresh start in somewhere in Alabama. It's also sunny there all the time, and I feel like it would be a good place for me to start working with people with depression.

**So you'd like to live in a small town that's similar to Farmington but isn't Farmington?**

Yeah, everyone knows each other in Farmington and I'm just ready to get out.

**So why didn't you want to move to Alabama for school?**

Well, I thought about it, but I went to Alabama for Spring Break with some of my friends, and I just had a lot of anxiety during the trip from being that far away from home and my dogs. I just knew I couldn't do it. I mean, I'm three hours away right now, and I just knew I couldn't do more. I already miss my dogs so much. I have friends that live like five hours or more away from home, and I don't know how they do it.

**What's been your experience with moving outside of Farmington for college thus far?**

It's been a big change, because Farmington is so small and Springfield is so huge. In Springfield you just keep driving and there's always more Springfield. I used to fall asleep in the quiet, and now I'm always falling asleep to sirens and stuff. Also I'd like to bring my dogs here, but I don't know where I'd put them. There's more land in Farmington and more space. I like it here, but I don't see this as a place where I'd settle down.

**What's your greatest fear?**

My greatest fear is probably disappointing the people that believe in me. I'm scared that I'll disappoint my family.

**Tell me more.**

I'm afraid that if I don't do that well and become successful my family will be disappointed, because they've worked their butts off to get me here and I don't want to disappoint them in that way.

**Anything else you want to share?**

Not that I know of. If you have any more questions.

I've been good and stressed. I hate growing up. I go to bed at like 4, and my mom will call me to check on me, and I'm always saying "I'm soooooo tired." She's always saying that I need to get to bed earlier and I'm like I didn't go to bed until 4. She keeps telling me it's not healthy, and I'm just like, "take it up with my professors."