

This semester, I was a teaching assistant for the class Adult Psychopathology as well as an undergraduate research assistant for the Global and Mental Health Addiction Program. As a teaching assistant, I learned the components of the MECA approach in therapy sessions. Professor Seitz-Brown, Alix, and I all took on a different role in this approach. I acted as the patient, which brought me insight on what the client would experience in a MECA approach. Though we did not finish creating the role-plays this semester, I still was able to understand how this process would work in a real-world setting.

Alix and I also conducted a live interview over Zoom with a guest speaker, Charita, who spoke on her experience with bipolar disorder. In order to prepare for this interview, I read Charita's bio to learn about her background. Then, Alix and I selected the best questions from students in the class and put them into the most logical order. During the live interview, Alix and I took turns asking Charita the predetermined questions and then allotted some time at the end for other live questions. This experience taught me how to prepare for and conduct an interview in an effective and respectful manner.

Finally, I helped Professor Seitz-Brown in collecting videos that depicted first-hand experiences with eating disorders. Through this process, I learned how to use the right keywords to find relevant videos. Also, from watching multiple videos on eating disorders, I understood more about eating disorders in minorities as well as in males, both of which are not represented as often.