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Mr. Speice
Independent Study and Mentorship 3B
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**Interview Assessment #1**

**Name of Professional:** Dr. Shaalon Joules Ph.D. PLLC

**Profession/Title:** Licensed Psychologist; Official Psychologist of the Texas Legends

**Business/Company Name:** N/A

**Date of Interview:** October 10, 2017

My very first interview was conducted in person with Dr. Joules, a licensed psychologist. Prior to the interview, I was very nervous because I did not know what to expect. However, upon entering the office of Dr. Joules, I felt at ease and confident due to her friendly and welcoming personality.

Dr. Joules was able to provide valuable insight and information that I would not have received in a classroom setting. She told me about her typical workday in which she sees patients and answers emails. However, she also told me that she spends a lot of time and effort outside of the typical working hours writing reports and polishing appointment notes. I found this interesting because I had not thought about the time requirements for this job before. I had originally thought that the job required minimal time outside of the office or hospital. Dr. Joules also told me about how she deals with HIPAA laws and the sad stories she hears from patients.
This was one of the big questions I had about this career field, and Dr. Joules was able to answer my question using her personal experience. Dr. Joules recommended finding other activities outside of work to help you decompress and take your mind off of the patients. She emphasized the importance of being able to compartmentalize. This information was really useful to me and it was nice to hear a personal preference from a doctor who experiences these challenges every day, rather than reading vague information from a textbook.

Dr. Joules was also able to give me some encouragement and tips for succeeding in the world of psychiatry. She said that due to the extensive education that is required, it can often be disheartening to see your peers and friends graduate with their Bachelor’s degree and go on to start their careers and families while you are still in medical or graduate school. However, she encouraged me, saying that it is normal to feel these emotions, and that the job can be very rewarding. During my interview, I asked if she had any tips for me as a high school student. Dr. Joules recommended that I start thinking about the direction that I want to take with my work. There are so many branches and subcategories in the mental health fields, and this was a useful tip because, prior to the interview, I had only really considered the broad field of psychiatry. In addition to the aforementioned tips, Dr. Joules advised me to consider the traits and requirements of this field. She told me to begin mentally preparing myself for an extensive education and a difficult job. This job will require a lot of patience and an open mind, as you have to be willing to hear patients out.

In my opinion, this interview went very well. The conversation flowed naturally, and I was able to learn a lot about my topic. I found Dr. Joules to be very genuine, and I really appreciated her time and honest feedback. After thinking about the information and advice given
in the interview, I think I might enjoy psychological research. I am not sure how comfortable I would feel working directly with patients. I find it very easy to empathize with others, and I feel like it would be difficult for me to separate work from my personal life, as Dr. Joules had recommended. In the future, I will interview with professionals in different career fields relating to psychology in order to get an idea of the direction I want to take with my work. Overall, I am happy with the results of this interview, and I am beyond excited to apply this information to my independent study.