Student spotlight

KATIE DONNEGAN

PSYCH UNDERGRADS WHO HAVE CHOSEN UNIQUE ADVENTURES

Katie is a senior majoring in Psychology. Contact her at donnegan@iastate.edu if you are interested in learning more about her experiences.

What do you plan to do with your Psych degree?

As a yoga teacher, and a Psychology major I am extremely interested in health and well being and the connection of mind and body. After I graduate from ISU I hope to go to graduate school and earn a Ph.D. in counseling. I would like to use holistic therapies, such as biofeedback and yoga in my practice.

What is your most memorable college experience?

My most memorable college experience was studying abroad during the fall of my Junior year. I attended the University of Exeter in England for the semester. Two other ISU students and I went over to Europe a month before classes started and back-packed around. This was by far the most memorable and biggest learning experience of my college career. I met so many interesting people, saw so many beautiful places, and learned so much about other countries as well as about myself.

I would encourage Psych students in their first year to study hard, of course, but also find something else outside of school work that you are passionate about. For me yoga has been this passion. It has helped keep me healthy both physically and mentally. Finding an outlet for the stress of a busy student life is extremely important.

Know another awesome Psych student who should be highlighted? Contact Psych Advising: psychadv@iastate.edu