**Julia Gorday**

*Psychology student determined to inform community about mental health*

**Major:** Psychology and Classical Civilizations

**Graduation:** Spring 2019

**By:** Ali Buis, University Communications Intern

Always having a passion for psychology, Julia Gorday, junior from Palm Beach, Fla., was instantly fascinated by what FSU’s psychology department had to offer.

“I knew from the beginning of high school that I wanted to go into the field of psychology, and when researching colleges, I found FSU’s psychology department to be very impressive,” said Gorday. “A large variety of fascinating classes, opportunities for students to be involved in the many research labs in the department, a psychology-specific study abroad program based in London, an impressive psychology clinic, and hardworking and accomplished faculty member to work with.”

Since her first semester at FSU, Gorday has worked in the psychology research labs. She currently holds research assistant positions in three different labs involving mental health. The double major was recently awarded an IDEA grant and the Mark A. Berkley award from the psychology department to further her research on her project titled, “Examining Characteristics of Worry in Relation to Depression, Anxiety, and Suicidal Ideation.”

In this research, Gorday investigated why people worry and how it relates to anxiety, depression, and suicidal ideation by examining the relationships between these characteristics. Gorday and her research mentor, Megan Rogers, a graduate student in the Clinical Psychology department, are currently working on a manuscript about her research that they plan to submit to a research journal for publication upon completion.

"Julia has been a tremendous asset to my research over the past year. I have been fortunate to have her involved in several of my studies, many of which have complicated protocols and require strong organizational skills,” said Rogers. “I look forward to helping her further develop as a scholar and researcher over the next couple years. I cannot speak highly enough about her work.”

Alongside her academia and research, Gorday is also involved and holds positions in many extracurricular activities. She is an Honors Colloquium Leader, UROP peer instructor, a liaison and treasurer for Student Council for Undergraduate Research and Creativity, an Assistant Lab Coordinator for Dr. Meyer’s psychology lab and Mental Health Ambassador for the Honors Student Association.

“Julia has been an enormous help in the lab. She has demonstrated enthusiasm and skill that is well beyond the average undergraduate student,” said Gorday’s research mentor Alexandria Meyer. “She has completed a first-authored manuscript, which we have recently received an invited re-submission on. Given her dedication and intellect, I am sure that Julia will be a superstar graduate student someday.”

Gorday’s substantial involvement on campus supports her determination to succeed in the psychology field.

“Knowing that all the work goes toward expanding the general body of knowledge in my field helps get me through the tough days,” Gorday said. “Being in this environment with such hard workers and people that I aspire to be has shown that it is possible to get there one day, I just have to work for it.”

Gorday said that one of her biggest accomplishments at FSU was getting the opportunity to be an Honors Colloquium Leader.

“I made an effort to reinforce the idea to my students that their learning and academic experience is in their hands,” Gorday said. “Encouraging learning and knowledge in Florida State’s students had become something I am very passionate about, and I will continue to work to impact FSU’s community for as long as I am a part of the student body, and possibly after.”

After graduation, Gorday plans to pursue a Ph.D. in Clinical Psychology, specializing in anxiety disorders and development. Following, she hopes to work at a university psychology department as both a professor and researcher.

“I would love for my career to utilize my newfound passion for teaching, as well as research,” said Gorday. “I would like to lead a research lab and discover and publish new information to benefit the public. If I got the chance to spend my life working to help others, I could not be more rewarded.”

Gorday has to thank FSU for giving her the encouragement to be the person she is today and for showing her what potential she has for the future.

“At Florida State, I have been provided the opportunity to work with participants, run study visits, coordinate a lab, write papers for publication, be trained on several different tools including an EEG machine, learn how to do different clinical assessments, participant recruitment, and working with an eye-tracker,” said Gorday. “Florida State is a nurturing environment that allowed my passion for research to flourish.”

**Related Links:**

[FSU Psychology Department](https://psy.fsu.edu/)

[FSU Honors Program](https://honors.fsu.edu/university-honors/course-information)

[FSU IDEA Grant](http://cre.fsu.edu/students/idea-grants)

**Pull Quote:**

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