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English 21002/ Writing for Social Science

Interview Paper

**Before the Interview**

It was a pleasure to meet Ashely, although she sat next to me in class, I didn’t pay much attention to her because she is very quiet and barely participates in the class discussions. When I first met Ashely, I can sense that she was shy, and didn’t like talking in a group setting. As I introduce myself to her, I was aware she was uncomfortable by her body language, she had closed herself automatically. She openly admitted to me that she gets anxious when talking to people she is unfamiliar with. Through her timid voice, I knew that she was going to have a challenging time completing the assignment. She directly demanded that she didn't want to be recorded because it affects her anxiety. I understood her and respected her demands.

**The Interview**

    Ashely and I had scheduled an appointment on a Friday evening. On that day, Ashley had texted me, where I was so she can meet me up. I told her I was in the PAL Center receiving academic help from a tutor. When she arrived at the PAL Center, she was wearing a black coat, gray sweats and running shoes with her braided pigtails. As we started, I want her to be in an environment that she was comfortable in and was able to express herself freely without feeling nervous. She didn’t mind having the interview in the PAL Center. As we started the discussion, she reminded me that she did not want to be recorded. I assured her that I was not; however, she still felt uneasy; her eyes constantly watched my phone to see if I was secretly recording her. She nervously introduced the subculture that she identifies herself with; an active gym member. I was excited to hear this because I was able to connect with Ashley. I mention that I enjoy going to the gym as well. But due to my responsibilities, it has limited me from going regularly. She related to my lack of consistency and told me that at times she has a workload of assignments to complete and has trouble managing her time. She strives to make the gym a priority because it helps her release any stress or anxiety that she is carrying.

**The Gym Life**

    Being a gym member myself, I was intrigued to know Ashely’s fitness routine. She explained to me that she performs basic exercises, for instances, crunches and squats. She prefers to focus on cardio and does not weight-lift. Instantly, I assume she didn’t know how to weight train. I questioned her knowledge about weight training, and she revealed, she doesn’t know how to weight lift. However, she does know that she does not want to gain muscle. Her purpose at the gym is to maintain her body, spend time with friends and keep her distracted and productive. Even though I knew that everyone in the gym had different body goals, I still had a fixed mindset of what type of training she did at the gym due to my personal experience. I expressed my thoughts to her, and Ashley agreed that people imagine a fitness person as someone who has hardcore abs, tone arms, and firm butt. She said, “At times, I just want to let go to clear my mind, I don’t want to be the ideal fitness model”. Ashely is always aware of what she eats; she doesn’t put unhealthy food into her body. She loves going to the gym with her friends because they are motivating and teach her new exercises. Throughout the interview, Ashely resisted eye contact and didn’t want to share the negative aspect of herself that needs improvement. She admitted that she does not like to go alone because she gets nervous that people are looking at her.

**The Impact**

Being a part of a subculture that continually pushes you to unleash your potential has had positive influences in her life. She developed willpower and dedication, applying these positive traits beyond the gym. She is always goal-orientated, constantly setting high standards. Being a gym member has positively impacted Ashley, when it came to dealing with her anxiety, she uses it to improve herself mentally and physically. She is a person that looks for improvement and like you to challenge yourself has many, and it helps her with her anxiety that

Ashely will overcome her anxiety and will overcome her shyness