

Basic Detail Report

Title Interview with Caroline (Cali) Salafia

Date 4 November 2024

Primary Maker Caroline Salafia

Medium born digital audio file

Description (a) Audio file of interview with Caroline Salafia. She was interviewed by Erica Dewey on 4 November 2024 over Zoom. (b) Photograph of Caroline Salafia provided by Caroline Salafia. (c) Video file of interview with Caroline Salafia. Caroline (Cali) Salafia was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in her life. Cali described change in the context of development, including change in daily activities, but also going off to college or getting a job. She described getting diagnosed with an autoimmune disease during her time as an undergraduate student as her significant moment of change. Her diagnosis influenced her academic and career trajectory as she became more interested in chronic illness research. In her current position as a Ph.D. student at the University of Connecticut, she mentioned that her chronic illness keeps her “grounded” and drives her to help others and be more grateful in her daily life. She also mentioned how the diagnosis positively impacted her daily routine because she became more “intentional” with her time. For instance, she prioritized her health, including better fitness and diet choices, and focused on higher-quality relationships. Outside of her autoimmune disease and researching chronic illnesses, Cali explained her

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motivation for pursuing her Ph.D., including her love for learning, research

methods, and ambition to lead her own research lab. She emphasized that

“education is power” and is most excited about discovering new information

about women’s health. Ultimately, the biggest lesson Cali learned from her

moment of change was that things will get better, so when negative experiences

occur, you have to remind yourself that it is not necessarily how you are always

going to feel.

Dimensions Duration: 28 Minutes, 27 Seconds