

SPRING 2013 Workshop Graduate School 101

Tonight's Agenda:

- ✓ Introduction - *Dr. Lise Abrams*
- ✓ Step 1. Decide what you want - *Tessa Wimberley*
- ✓ Step 2. Prepare for what you want - *Danielle Davis*
- ✓ Step 3. Get what you want - *Kathryn Jann*



Step 1: Developing Interests and Locating Programs

Hey, you! Yeah, you. What are you interested in?

Because this is a graduate school workshop when I say, "What are you interested in?" what I mean is:

"What areas of psychology do you find most fascinating?"

"In what areas do you think you might want to pursue an advanced degree and/or a career?"

GENERAL AREAS IN PSYCHOLOGY

School	Cognitive	Developmental	Experimental
Social	Clinical	Counseling	Clinical Neuroscience
Neuroscience	Physiological	Sport	Industrial Organizational
Forensic	Military	Geriatric	Marriage and Family

Applied v. Research

- In the field of psychology we can distinguish between careers that are:
- Applied (meaning they involve the consumption and application of psychological science in ways that serve people)
- Research oriented (meaning they involve the generation and dissemination of psychological science)
- Many careers involve both practice and research!

Some areas related to practice:

- Clinical
- Counseling
- Applied Behavior Analysis
- School
- Community
- Clinical Social Work
- Psychiatric Nursing
- Marriage and Family Therapy
- Mental Health Counseling
- Psychology and Law
- Psychiatry
- Human Service (e.g. student guidance, art therapy, occupational therapy)



Some areas related to research:

- Clinical
- Counseling
- Applied Behavior Analysis
- Social
- Industrial/Organizational
- Behavioral Neuroscience
- Developmental
- Cognitive
- Experimental
- Sports
- Medicine



Maybe you already know that some of these areas interest you.

- Some of you may be thinking, "Yeah, but I don't! How do I get there?!"
- The answer is by expanding your search process and building new knowledge and experience.

Things that expand your search and build knowledge and experience:

- Visit the UF Career Resource Center
- Take a variety of coursework
- Join Psi Chi and the Psychology Club
- Become involved in research
- Publish or present your research
- Volunteer in the community
- Go to departmental presentations
- Assume leadership positions
- Go to office hours and develop relationships with professors and professionals in the field



Identified areas of interest. Check.

Next Step: Explore the programs and schools in these areas.

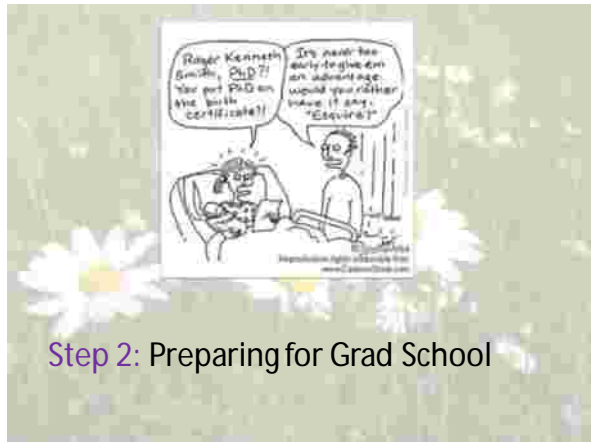
- You should search different universities and programs based on the following:
 - Programs that fit your career interests and goals (Duh.)
 - Faculty (SUPER IMPORTANT FOR DOCTORAL APPLICANTS.)
 - Available Funding & Tuition/Fees (\$\$\$!!)
 - Location, Size, and/or Facilities (Be flexible.)
 - Application Requirements (fees, exams, etc.)

Master's v. Doctorate

- Master's level programs
 - Typically require 2-3 years to complete, may include research training (but sometimes not), provide less funding but allow you to get into the workforce faster (or continue toward a doctorate).
- Doctoral level programs
 - Typically require approximately 4-6 years, involve a strong emphasis on research training, provide more funding, and can prepare you for higher level positions.

DEGREE TYPES IN PSYCHOLOGY

M.A.	• Master of Arts
M.S.	• Master of Science
M.Ed.	• Master of Education
Ph.D.	• Doctor of Philosophy
Ed.D.	• Doctor of Education
Psy.D.	• Doctor of Psychology



Preparing to Apply

- Coursework**
 - What courses are you taking and when?
 - What classes are appealing to you?
- Research**
 - Get involved EARLY!!!!!!
 - Presentations and Publications
- Internships and Volunteer Work**
- Studying for the GRE**
 - General Test
 - Psychology Subject Test

Coursework

- Once you have an idea of what areas you like try to explore and plan your course work accordingly
- Program requirements often online
- Do your best to keep your grades as high as you can in all major coursework (and overall, as much as possible).

"Undergraduate preparation should include at least one course in experimental psychology and one course in statistics. Minimum preparation for graduate admission also includes courses in at least three of the following areas - cognition, development, learning, personality, physiological-comparative, sensory, and social." – UF Graduate Admissions, Psychology

Getting Involved

Research!!!

- Preferably, something related to your grad school preferences (just for practical reasons)
- If you can't find research to be involved in that perfectly matches your grad school area of study, don't worry! Any research experience is good.

A three-panel cartoon. Panel 1: A student asks, "I'D LIKE TO DO AN INDEPENDENT STUDY WITH YOU, PROFESSOR SMITH." Panel 2: The professor replies, "YOU MEAN YOU ACTUALLY WANT TO PAY THE UNIVERSITY TO GIVE YOU CREDIT?" Panel 3: The student asks, "TO DO THIS LABOR TEST ME?"

Getting Involved (cont.)

Community Work

- Best if you can find an opportunity with relevance to your chosen grad school area
- Helpful in exploring different work setting or areas that you may be interested in.
- Good for clinical/counseling programs
- Take advantage of PSY4949!



Taking a Year Off

- Also good to decide if you would rather try to apply right after completing undergrad or take some time to gain experience, work, and take a break from school.
- It's really okay to take a year off! A lot of times it's actually preferred.
 - Ex: [UF Grad School in Psychology Website](#)
 - Remember that you will be going up against applicants with advanced degrees
 - Make sure you will be financially stable (Do your programs award graduate stipends?)



Get in Touch with Potential Mentors

- Connect with common interests.
 - You will have to work with someone when you get there!
- Will they be taking grad students?
- You want to make sure that you make yourself known before you apply.
 - Let them know that you are worth investing in!



Get in Touch with Graduate Students


Grad students can offer a WEALTH of insight!



GEORGE GAMM @THE STANFORD DAILY

And now for Step 3...


The Application Process!




How do I apply to graduate school?

Curriculum Vitae (similar to resume)

- Basics
 - Contact info
 - Education (GPAs, credentials, major/minor, awards, & relevant courses)
- Stand out
 - Research, relevant work, clinical experience, community service
 - Organizations, conferences, presentations, skills
- References
 - Get permission BEFORE listing someone!
- Formatting is key
 - Consider "ink < paper ratio"



Personal Statement



- Expand upon CV info in 3 sections
 - Past: How you got where you are; why you are in YOUR psychology niche
 - Present: How you are preparing for grad school; courses that inspired you; activities outside the classroom
 - Future: How you fit in THIS program; How you will contribute to your field (in the program and future)
- Be assertive & cut unnecessary words!

CV & Personal Statement

- GET LOTS of FEEDBACK
 - Organize
 - Proof read
 - Edit



Letters of Recommendation

- Need 3 people
 - 2 months prior to school deadline
 - e.g., academic, research, clinical or job
- Prepare a polished packet about yourself
 - BRIEF Thank you cover letter
 - A list of information that you are providing
 - List of schools you are applying to and which degree program; due dates; mode of letters
 - "Thank you" for your time



Letters of Recommendation (cont.)

- Provide copies of application materials
 - CV
 - Personal statement
 - Transcripts
 - GRE scores
- Personalize your skills
 - Writing sample(s)
 - Detailed description of your work
- Materials necessary for letter
 - Paper
 - stamped & addressed envelope
 - Look for e-mail from _____



Lions, & Tigers, & GRE, Oh No!

- Start planning ASAP!
 - Study for a few months
 - www.ets.org has study materials that range from free - \$35
- Take GRE for the 1st time at least 3 months before application is due
- Allow for one month between test dates
- New "ScoreSelect" options
- Allow for 6 wk for official scores to be sent to schools
- Scores are good for 5 yr
- Some schools prefer within 3 yr



GRE (cont.)

- Understanding new scores
 - In Google, search. "GRE concordance table"
- Range of new scores:
 - Verbal reasoning: 130 – 170 pt; 1 pt increments
 - Quantitative reasoning: 130 – 170 pt; 1 pt increments
 - Analytical writing: 0 – 6; 0.5 pt increments
 - Subject test: If needed for school
- Often a cut-off score for admissions
 - For example, UF Ph.D. min is:
 - 153 on verbal reasoning
 - 144 in quantitative reasoning
- Could affect fellowship attainment



Finishing Touches

- Transcripts
 - Use unofficial for immediate access
 - Order official transcripts from ISIS & send
- Application forms
- Application fee - make it official!
- Confirm everything is in...make friends with office staff =)
- You may want to organize your to-do list in excel.



Take a deep breath...
You WILL survive the application
process!

