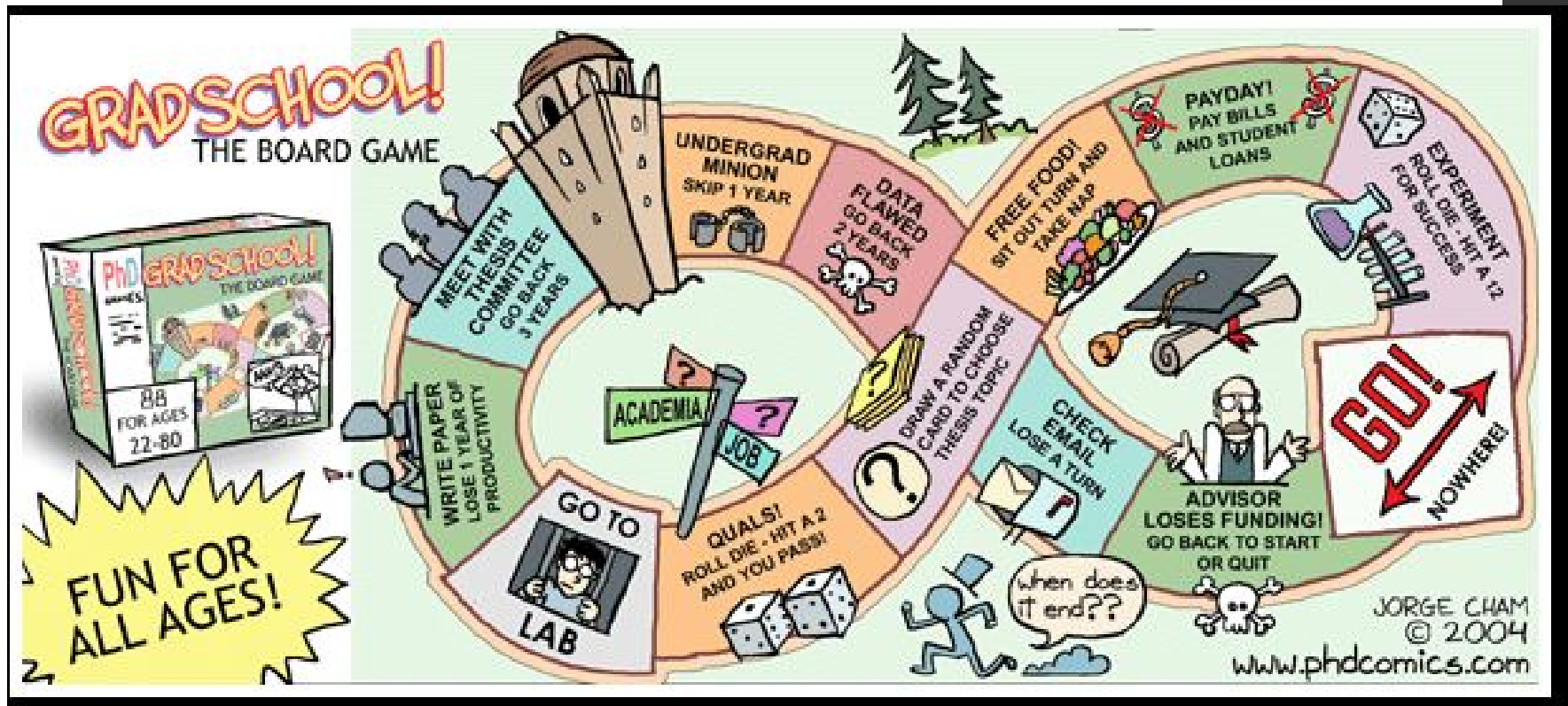


PSYCH GRAD SCHOOL 101 2017



Indigenous Land Recognition

We would like to recognize that the University of Wisconsin - La Crosse occupies the land of the Ho Chunk people.

Please take a moment to celebrate and honor this ancestral Ho Chunk land, and the sacred lands of all indigenous peoples.

AGENDA

- Introductions
- What to Consider **BEFORE** Applying
- The Application Process
- Breakouts by Discipline

- PSI CHI and Psychology Club for providing the snacks & drinks
- Faculty, staff, for attending
- Alumni and current grad students for their insights/advice



thank you!

Introductions... Who's Here?

- ❑ Health/Clinical/Counseling
 - ❑ Experimental
 - ❑ Cognitive
 - ❑ School Psychology
 - ❑ Social
 - ❑ Educational/Developmental
 - ❑ Cross-cultural
 - ❑ Industrial/Organizational
 - ❑ Gerontology
 - ❑ Student Affairs Administration
- **Current grad students?**

Let's Get Started...

Why do you want to go to graduate school?

Reasons to go:

- You are passionate about a particular topic/area
- You enjoy research
- You are interested in a career that requires a graduate degree
- You seek a richer and more satisfying life
- You want higher career advancement
- You want to make *more* money

Reasons **not** to go:

- You want to please someone else
- You don't know what else to do after you graduate
- You want to avoid getting a "real job"
- You only want to make money



Another Popular Question....

When should you go?

Reasons to go now:

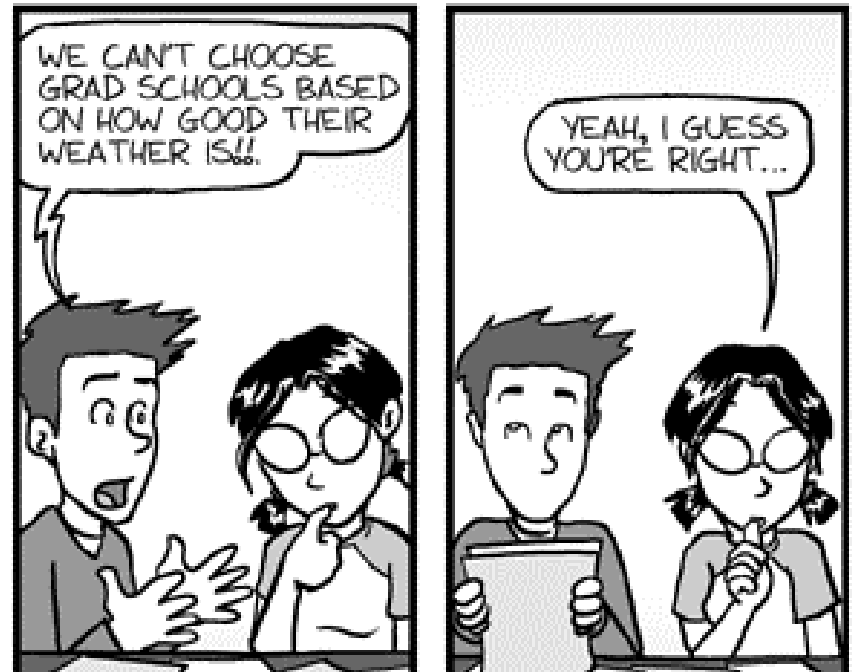
- You are passionate about a specific topic/area and pretty certain about making it your career
- Your course work and training are “fresher” in your memory
- You are already in “student mode”

Reasons to consider waiting:

- More time to “figure out” exactly what you want to do
- A break might make you feel more refreshed and motivated later on
- Time to gain more experiences that will strengthen your application
- can work and save money
- more time to focus on application materials
- Other life events

Other Factors to Consider BEFORE Applying

- What kind of job do you eventually want?
- Program details (type? practical experiences? research ops? teaching ops?)
- Faculty
- Costs and Resources
- Location
- Reputation of program
- Admission Criteria



Psychology Acceptance Rates (2017)

	Master's Program (median)	Doctoral Program
Clinical	41%	8%
Counseling	57%	13%
School	57%	34%
Developmental	42%	13%
Cognitive	41%	15%
I/O	42%	11%
Social	32%	7%

The Application Process: General Questions

○ How many?

○ 3-7; tiers

○ Which ones?

■ Petersons.com

■ Gradschools.com

■ Gograd.org

■ Professional associations, lists of accredited programs:
<http://www.apa.org/ed/accreditation/>

• What will I need?

- Transcripts (GPA, course work, etc)
- Test Scores
- Resume (with relevant experiences)
- Personal Statements/Essays
- References/Recommendations

How are applications evaluated?

OBJECTIVE CRITERIA

GPA

- especially the last two years
- major vs. overall
- Compare to specific program stats!

National Data – Psych

<i>4.00 scale</i>	<i>GPA: Minimum REQUIRED</i>	<i>GPA: ACTUAL</i>
<i>Master programs</i>	3.00	3.40
<i>Doctoral programs</i>	3.20	3.56

How are applications evaluated?

OBJECTIVE CRITERIA

GRE scores

GRE® revised General Test (tests taken on or after August 1, 2011)

Measure	Scores Reported
Verbal Reasoning	130–170, in 1 point increments
Quantitative Reasoning	130–170, in 1 point increments
Analytical Writing	0–6, in half point increments

- Computerized
 - Can take at UWL (Counseling & Testing Center)
 - No longer adjusts, but can review and change answers
- \$205 --PREPARE!! (practice tests, books, prep courses?)

GRE National Data - Psych

	<i>Verbal Reasoning</i>	<i>Quantitative Reasoning</i>	<i>Analytic Writing</i>
<i>Average of all GRE test takers</i>	151	152	3.6
<i>Social Sciences</i>	153	150	3.9
<i>Psychology</i>	152	149	3.9
<i>UWL Spring 2013 n=12</i>	151	148	??

Typically Required Verbal + Quantitative Scores:

300 for masters level

310 for doctoral level

How are applications evaluated?

LESS OBJECTIVE CRITERIA

- Research activities
 - RA positions
 - Independent research
 - McNair Program?
- Relevant work/internship experiences
- Letters of Recommendation
- Personal Statements (aka letter of intent, statement of purpose, autobiographic statement, personal narrative)
- Interviews

Advice for Requesting Letters of Recommendation

- Ask early and in-person
 - Ideally, someone who knows you beyond 1 class
- Simplify– Make it easy for them!
 - Provide copies of your application materials, transcripts, SASEs, organized list of deadlines, etc.
 - Some professors have specific requirements (ask them)
- If not going to grad school right away?

Personal Statement “*Don’ts*”

(adapted from the Chronicle of Higher Education)

- Don’t write a *general* essay.
- Don’t quote Dr. Seuss. ☺
- Don’t apologize for “low” test scores or grades—focus on the positives! (Exceptions?)
- Don’t send in an essay with another school’s name in it. (Proof read!)
- Don’t “gush” about faculty members or say you are interested in “everything” they do.
- Don’t use jargon or big words to “look smart.”

Don't use jargon or big words to “look smart.”



13 minutes ago · 👤

I hate when people try to deprecate the way I act! I swear they get in myriad groups just to piss me off! Some of the people are pernicious while others are amicable! While others (parents) act so charlatan! I just wanna be left alone in a mundane! So maybe I'm a novice to the growing prosses and maybe I am obstreperous! But hey I'm complacent with my self ! So connive between yalls self and have a hell of a time doing it!

Personal Statement “*Dos*”

(adapted from the Chronicle of Higher Education)

- **Make a connection.**
 - Discuss your interests and reasons for having them
 - Explain how your interests relate to the program/faculty
 - Give clear and concrete examples
(avoid vague statements like “I love helping people!”)
 - Be flexible
- **Remember** that a lot of people are applying to graduate school so look for **positive ways to make your application stand out.**
- **Get feedback!**

Interview Advice

- Do your homework. (Really.)
- Express your interest/enthusiasm and ask good questions.
- Exude confidence (but not arrogance).
- Dress professionally.

Common Reasons for Non-Admission

- Not meeting deadline
- Incomplete Application
- Failure to meet minimum requirements
- Competitive programs- limited space

What do Alums say? (N = 20)

1-PhD Social

1-PhD Developmental

1-PhD Clinical

2-PsyD Clinical

1-PhD Neuro

4- EdS School Psych

2-Master's Social Work

4- Master's Counseling

1-Master's Cognitive

1-Master's OT

2- Master's Applied Psych
(one I/O emphasis)

What do Alums say?

- **START EARLY!**
 - “Don’t rush the application process...it’s so important and was more time consuming than I anticipated (personalizing statements, etc)”
- **LOOK FOR EXPERIENCES/OPPORTUNITIES EARLY**
 - “try as many things as possible related to the field you're applying to!”
- **GET TO KNOW YOUR PROFESSORS.**
 - “Trust their advice and ask them questions... get involved in their research if possible”
 - “Get feedback on your application materials!”
- **GET ORGANIZED.**
 - “Make an Excel document to organize all of the program's specific: requirements, due dates, expectations, philosophies, and the location/size and other sorts of school details.”
- **DON'T LET A “NO” DISCOURAGE YOU**

Need more
help/assistance/advice?

Talk to Faculty!

Go to Career Services!

Visit our Website:

<https://www.uwlax.edu/psychology/advising/graduate-school/>

BREAKOUT GROUPS

What questions do you have?
(Ask us for advice and about our
experiences!)