

Psychology Advising Newsletter

Resources for Student Involvement

Hello Psychology Majors,

Happy November! We hope you have a strong last few weeks of the semester ahead of you. Please enjoy your Thanksgiving break and take care of yourself as you finish off the next month of the Fall 2020 semester.

This newsletter is full of ideas for how you can get involved outside of class. Being involved is a great opportunity to gain more professional experience in Psychology and to build community connections with other students and professionals. While learning in class is a crucial part of college, the experiences you choose to participate in outside of the classroom are equally important.

When you join a club, become involved in undergraduate research or experiential learning, study abroad, or build career connections – you are learning more about yourself, your future interests, and are actively building community with others.

We do want to acknowledge that this COVID-19 pandemic has made it more complicated to find opportunities to be involved in. Some of these student involvement opportunities might be somewhat limited in the Spring 2021 semester, but we certainly hope to have more opportunities for students available next Fall 2021 semester.

As a reminder, you can send generic questions to psycadvising@vt.edu and more specific questions to your specific academic advisor. You can find directions for how to make an appointment with your advisor in Navigate [here](#).

All the best,

Courtney Glass, Christina Minford & Kurt Hoffman



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Psychology Undergraduate Research Labs and Centers:

- You can find all the Psychology Research Labs [here](#) and all of the Psychology Centers [here](#).
- If you are interested in getting involved, look at the descriptions of the labs and centers. Then email the appropriate faculty member of that lab or center to ask how you can be involved in the future.

Psychology Clubs:

- **Psychology Club and Psi Chi**
 - Provide information about the various fields of psychology, help students prepare for graduate school, inform students about possible job/volunteer opportunities, and host various psychology area speakers.
 - Follow on Instagram @psychclubatvt or Contact Mackenzie Davis at mackenziedavis21@vt.edu.
- **Active Minds**
 - Student-led mission to increase awareness about mental health issues and actively create change at VT.
 - Follow on Instagram @activemindsatvt or Contact Alyssa Wills at alyssa18@vt.edu.
- **The Association of Black Psychologists**
 - Promoting and advancing the profession of African Psychology, influencing and affecting social change, and developing programs whereby psychology of African descent can assist in solving problems of black communities.
 - Follow on Facebook page [here](#) and find more information on how to join [here](#).

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Other Ideas for Involvement:

- Find a professional mentor through Hokie Mentorship Connect [here](#).
 - Free opportunity to network with Hokie Alumni involved in various Psychology areas.
- Search for any Club at Virginia Tech through Gobbler Connect [here](#).
 - Click on the “Organizations” tab if you want to search by “Categories” of interest.
- Learn more about ideas for College of Science student involvement [here](#)
 - Apply to be a COS Ambassador, volunteer with K-12 Outreach, Join science clubs and find research
- Find local events both on and off campus through the VT Calendar [here](#) and the Next 3 Days website [here](#).

Study Abroad Opportunities:

- You can find a list of featured programs for Psychology Students [here](#).
 - This document includes suggested programs as well as the various ways you can study abroad.
- You can participate in Study Abroad for a semester, Winter session or Summer session.
- You can go on any study abroad program (not just Psychology specific) but make sure to check in with your academic advisor beforehand to plan your next few semesters accordingly.
- Contact [Shelby Dodd](#) or Global Education Advisor at shelbyd@vt.edu to learn more.