

Psychology Advising Newsletter

Virtual Learning, Tutoring, and Career/Internship Tips

Hello Psychology Majors,

We hope that the start of your Spring 2021 semester has been going well. We are proud of how you have handled the past few difficult semesters and believe fully in your ability to succeed again this semester. Planning is already well underway for fall semester, and we are very hopeful that many classes and activities can go back to being in person.

Some of this information may be familiar but it is incredibly relevant! We have put together a list of FREE Virginia Tech resources and virtual learning tips that will help you be a successful virtual learner yet again this semester. Please, never hesitate to ask for help or utilize the resources that are created to help you during this time. It is a sign of strength to want to improve and to lean on others for support. Many professors and Teaching Assistants are holding Zoom office hours and your advisor is always happy to meet with you to help you in any way that we can.

We have also put together some career and internship tips! There is a ton of information from Career and Professional Development that we have organized into a quick guide for you. Take some time to look it over and explore the pages if you are entering the job force or considering internships this upcoming summer!

As a reminder, you can send generic questions to psycadvising@vt.edu and more specific questions to your specific academic advisor. You can determine who your academic advisor is by going to HokieSpa and selecting “View your General Student Information”.

We hope you are having a great semester so far!

Courtney Glass, Christina Minford & Kurt Hoffman

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The Student Success Center resources:

- Academic Coaching (Peer and Staff led) – learn more [here](#).
- Seminar Series on Academic Success and [Canvas site](#)– learn more [here](#).
- FREE Tutoring– learn more [here](#).
 - Group Review Sessions – learn more [here](#).

Departmental Tutoring:

- Math tutoring – learn more [here](#).
- Chemistry tutoring – learn more [here](#).
- Writing Center – learn more [here](#).
- Communications and Public Speaking – learn more [here](#).

Cook Counseling resources:

- Study Skills Information – learn more [here](#).
 - Please click Explore to see all of the accompanying information
- Online Study Skills workshops– learn more [here](#).
 - Please click Explore to see all of the accompanying information

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Virtual Learning Tips

- What does it mean to be a virtual learner at Virginia Tech? – learn more [here](#).
 - Includes benefits and challenges of virtual learning as well as some strategies for succeeding.
- Student Tips for Academic Success in an Online Environment – learn more [here](#).
 - Includes tips on time-management, communicating with professors, and designing a study space.
- Six ways to navigate online classes – learn more [here](#).
 - Includes tips on connecting, staying focused, managing time, communicating, and utilizing resources.
- Tips for Learning During Disruption from Rice University – learn more [here](#).
 - Includes information on study strategies, note-taking and staying connected.

Utilize Professors and Academic Advisors

- We highly encourage you to attend any Professor's or TA's Zoom office hours and to contact your professor or TA if you have any questions about the course content.
 - It's more important now than ever to develop a relationship with your professor.
- It is better to reach out to your academic advisor(s) early in the semester if you are struggling academically. We want to help and can point you in the right direction to academic resources.
 - You can find directions for how to make an appointment with your advisor in Navigate [here](#).

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Career and Internship Tips

- Get your resume reviewed by Career and Professional Development! Check out their information [here](#).
 - Advising Information [here](#).
- Utilize the [Handshake](#) platform.
 - Handshake is a National Database with jobs, internships, and on-campus positions.
 - **Over 300 new employers posted in Handshake, just in January!**
- Keep an eye on the Weekly Announcements for Virtual Career Fairs! Keep in mind these following pieces of advice from employers who recruit at Virginia Tech:
 1. Virtual Career Fairs may largely replace those that are in person. Even though they might be less enticing, you should go to them. If you go, and others don't, you have the opportunity to talk to several employers in a short time.
 2. Think about remote jobs and how they might fit in your plans. Remote internships could turn into longer jobs, and some of them might stay remote. This gives you an opportunity to apply to positions in states that you may have no interest in moving to. Also, in Handshake and elsewhere, think about the language of remote jobs when doing searches... e.g. "remote," "hybrid," "work from home" or "wfh."
- [CareerShift](#) is another good way to find possible jobs and internships. Custom searches can be easier in Career Shift than Handshake.

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Career and Internship Tips Continued

- LinkedIn is a great resource, check out:
 - [Online Identity and Social Media Tips](#)
 - [Tips for making LinkedIn Connections](#)
 - [LinkedIn Tips for Students](#)
 - Some advice, look for [Virginia Tech alumni in LinkedIn](#) (you have to login to get to this page)!
- The Job and Internship Guide has a lot of great information – learn more [here](#).
 - Internship Central [information](#).
- Hokie Mentorship Connect opens connections between students and alumni around the world. It can help facilitate career-related conversations between you and Virginia Tech alumni– learn more [here](#).
- [InterviewStream](#) – You can complete a virtual practice interview or a live practice interview with a career advisor.
- If you have questions, you can always contact our awesome College of Science Career and Professional Development Liaison, [Jen Heinold](#).
 - Email: jhein97@vt.edu