

Psychology Advising Newsletter

Resources for Student Involvement & Graduate School Prep

Hello Psychology Majors,

Happy April! We hope you have a strong last few weeks of the semester ahead of you. Please enjoy the last remaining Spring Break day and take care of yourself as you finish off the next month of the Spring 2021 semester.

This newsletter includes a lot of great ideas about how you can get involved outside of classes. 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.

This newsletter is also full of information for how to apply to graduate school for any sophomores or juniors who are just starting to think about the process. It's important to start thinking about the possibility of graduate school early on because you will need to begin searching for programs, deciding on whom to ask for letters of recommendation, taking the GRE exam in advance, writing a personal statement, and updating your resume. We have a lot of relevant resources in this newsletter.

You can refer back to any of our past published monthly Psychology Newsletters [here](#).

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 of the Psychology Research Labs [here](#) and all of the Psychology Centers [here](#).
- If you are interested in getting involved, please look at the descriptions of the labs and centers for what would be interesting to you. Then email the appropriate faculty member of that lab or center to ask if they have any open slots for this Summer 2021 or Fall 2021.

Psychology Clubs

- **Psychology Club and Psi Chi Honors Society**
 - 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 and see their information in the Weekly Announcements email.
- **Active Minds**
 - Student-led mission to increase awareness about mental health issues and actively create change at VT.
 - Follow on Instagram @activemindsatvt and see their information in the Weekly Announcements email.
- **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](#).
- Search for any Club at VT through GobblerConnect [here](#).
- Learn more about ideas for College of Science student involvement [here](#).
- Find local events both on and off campus through the VT Calendar [here](#).

Study Abroad Opportunities

- You can find a list of featured programs for Psychology students [here](#).
- 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 semesters accordingly.
- Contact Shelby Dodd [here](#) , a Global Education Advisor at shelbyd@vt.edu to learn more.
- You can search Study Abroad programs and scholarships [here](#).

Tips for Asking for Letters of Recommendation:

- Virginia Tech Letter of Recommendation Tips [here](#).
- Cornell University guide for requesting recommendation letters [here](#).
- Guide for how to ask for a Recommendation Letter [here](#).
- Letter of Recommendation tips for grad school and job positions [here](#).

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How to Search for a Graduate Program

- Peterson's Graduate School Search Tool [here](#).
- Princeton Review Graduate School Search Tool [here](#).
- American Psychological Association (APA) Graduate Program Search (Costs \$) [here](#).
- APA Graduate Study in Psychology Book (Costs \$, APA recommended for Clinical/Counseling) [here](#).
- Check out ideas on Career Paths and related graduate programs in Psychology [here](#).

Tips for Applying to Graduate School

- Applying to graduate school requires that you send in three professional letters of recommendation, your official VT transcript, a personal statement, your resume/CV, and usually a GRE score. However, requirements overall can differ from institution to institution.
- Noodle's How to Apply to Grad School article [here](#).
- Month by Month Application Guide (be sure to be aware of specific application deadlines) [here](#).
- Writing a Winning Personal Statement for Grad School [here](#).
- Find financial aid for graduate school [here](#).
- Contact Jen Heinold at Career and Professional Development [here](#) for assistance with the process.

GRE - Graduate Record Examination Information

- How to sign up for the GRE [here](#).
- Information on the content tested on the GRE [here](#).
- Structure of GRE [here](#).