

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 2021 semester.

This newsletter is full of ideas for how you can get involved outside of class. We hope that you will join a club or two, become involved in undergraduate research or experiential learning, study abroad, or build career connections. By doing so, you learn more about yourself, your future interests, and you actively build community with others.

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.

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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Clubs for Psychology Majors:

- **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.
 - See the Weekly Announcement sent on Sundays for meeting details. They meet bi-weekly.
- **Active Minds**
 - Student-led mission to increase awareness about mental health issues and actively create change at VT.
 - Follow on Instagram [@activemindsatvt](https://www.instagram.com/activemindsatvt) and check out the Weekly Announcement sent on Sundays for meeting details. Active Minds meets weekly.
- **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.
 - See the Weekly Announcement sent on Sundays for meeting details. They meet bi-weekly.

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Research and Field Study Opportunities:

- You can find all the [Psychology Research Labs](#) [here](#).
- You can find all of the [Psychology Centers](#) [here](#).
- Research Opportunity: Available through the Office of Undergraduate Research [here](#).
- Field Study Opportunity: RAFT Crisis Hotline [here](#).
- Field Study Opportunity: Women's Resource Center of the New River Valley, in Radford [here](#).
- Field Study Opportunity: Women's Center on our campus [here](#).
- Field Study Opportunity: Community Health Center of the New River Valley [here](#).
- Field Study Opportunity: Peer Assistance for Learning (PALs) on campus [here](#).

Study Abroad Opportunities:

- You can find a list of featured programs for Psychology Students [here](#).
 - This document includes suggested programs and 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 Koninckx](#) or Global Education Advisor at shelbyd@vt.edu to learn more.

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Other Ideas for Involvement:

- Find a professional mentor through Hokie Mentorship Connect [here](#).
- Search for any club or organization at Virginia Tech through Gobbler Connect [here](#).
- Learn more about ideas for College of Science student involvement [here](#)
- Find local events both on and off campus [here](#).
- Get involved with the Cultural and Community Centers [here](#).
- Find opportunities to volunteer and serve through VT Engage [here](#).
- Stay active and have fun through Recreational Sports [here](#).
- Learn health-based skills and attend events through Hokie Wellness [here](#).
- Get involved with Greek Life through Fraternity and Sorority Life [here](#).
- Attend programs and meet new people through the Student Centers [here](#).
- Find resources and meet others through First-Generation Support [here](#).
- Connect with other Transfer students through the Transfer Student Organization [here](#).