

Psychology Advising Newsletter

Resources & Graduate School Prep.

Hello Psychology Majors,

We hope that the start of your Fall 2021 semester has been going well. We are proud of how you are handling this semester with the increase of the Delta variant and believe fully in your ability to succeed this semester.

We have put together a list of FREE Virginia Tech resources that will help you be a successful student 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 in-person or Zoom office hours. Your Psychology academic advisor is also always happy to meet with you to help you in any way that we can.

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 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:

- Peer Academic Coaching – learn more [here](#).
- Seminar Series on Academic Success and Canvas site– learn more [here](#).
- FREE individual and group tutoring – learn more [here](#).
- Student Success Center Courses – learn more [here](#).

Departmental Tutoring:

- Math tutoring – learn more [here](#).
- Statistics 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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- Utilize Professors and Academic Advisors

- We highly encourage you to attend any Professor's or TA's in-person or 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](#).

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](#). Check out VT's resources [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](#).