

# Psychology Advising Newsletter

## Resources for Undergraduate Research, Study Abroad & Graduate School Prep

Hello Psychology Majors,

Happy April! We hope you have a strong last few weeks of the semester ahead of you. Remember to take care of yourself as you finish off your last assignments and exams.

This newsletter includes a lot of great ideas about how you can get involved in undergraduate research through Psychology Labs and Psychology Centers. April is the perfect time to reach out to individual faculty members to see if they have openings in their labs for the coming fall. We also included some information about Study Abroad. Involvement is a great opportunity to gain more professional experience in Psychology and to build community connections with other students and professionals.

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](mailto: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, Taylor Swan, 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 2022 or Fall 2022.

## 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 [Maureen Deisinger](#), a Global Education Advisor at [mdeising@vt.edu](mailto:mdeising@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](#) and you can find the GRE Structure [here](#).
- **Reminder:** Not all graduate programs require the GRE – please check the application requirements for the programs you are interested in applying to.