



COLLEGE OF SCIENCE  
**PSYCHOLOGY**  
VIRGINIA TECH™

## FEBRUARY NEWSLETTER

### Success Skills, Connecting with Professors, and Career Resources

Hello Psychology Majors,

We hope that your Spring 2023 semester has been going well! Only a few more weeks until Spring Break!

This newsletter is full of information and resources on how to be successful academically, utilize your professors as resources, and preparing for job and internship searching. This all may be familiar, but is incredibly relevant!



Please keep in mind that you have until **Monday, February 27th** to drop any of your classes if you need to. Please consult with your advisor if you have any questions. You can see all academic dates on the Registrar's Office website [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 advising appointment** [here](#).

*Taylor Swan, Christina Minford,  
Courtney Glass, & Dr. Kurt Hoffman*



### Academic Success Skills

The Student Success Center offers **free** tutoring and success seminars for students looking to improve their performance. See below for different opportunities!

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

Utilize these resources **early**, even if you think you won't need it.

### Departmental Offerings

- Math Tutoring - learn more [here](#).
- Statistics Tutoring - learn more [here](#).
- Chemistry Tutoring - learn more [here](#).
- The Writing Center - learn more [here](#).
- Communication and Public Speaking - learn more [here](#).

### Cook Counseling Resources

- Study Skills Information - learn more [here](#).
- Online Study Skills Workshop - learn more [here](#).

**Be sure to select "Explore" towards the top to see all accompanying information**



### **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. Your professors and TAs are the content experts of your courses.
  - It is more important now than ever to develop a relationship with your professor.
- It is better to reach out to your Academic Advisors 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](#).

### **Utilize Professors and Office Hours Effectively**

Have a clear purpose for using Office Hours so your time is used well.

- During your meeting:
  - Take Notes
  - Ask for further explanation if it doesn't make sense
  - [Be honest](#) if you are not fully understanding
  - Sum up your action plan at the end of the meeting

More tips can be found [here](#).



## Resume and Career Tips

- Get your resume reviewed by Career and Professional Development! You can schedule a 15, 30, or 60 minute appointments via Handshake or phone. More information [here](#).
  - Use this [Resume and CV Guide](#) to help.

### **Looking for a job or internship**

- Utilize the [Handshake](#) platform.
  - Handshake is a national database with jobs, internships, and on-campus positions looking for Hokies like you!
- Keep an eye on the Weekly Announcements for announcements on internship or job opportunities.
- [CareerShift](#) is a good way to find possible jobs and internships.
- Utilize or create a LinkedIn profile.
  - [Online identity and Social Media tips](#)
  - [How to make LinkedIn Connections](#)
  - Join the [Virginia Tech LinkedIn page](#) to connect with alumni.



### Resume and Career Tips Continued

- Internship Central and The Job and Internship Guide have a lot of great information.
- InterviewPrep - Get help with interview practice with a career advisor.
- Did you know the College of Science has a Career and Professional Development Liaison? Contact Jen Heinold, [jhein97@vt.edu](mailto:jhein97@vt.edu) with any questions.

### Upcoming Events & Dates

- **Monday, 2/27:** Last Day to Drop Classes without Penalty
- **Saturday, 3/4 - Sunday, 3/12:** Spring Break (No Classes)
- **Tuesday, 3/21 - Tuesday, 4/4:** Fall 2023 Course Request
- **Tuesday, 3/28:** Last Day to change class from Pass/Fail to A-F