



COLLEGE OF SCIENCE  
**PSYCHOLOGY**  
VIRGINIA TECH™

## JANUARY 2024 NEWSLETTER Academic Success and Career Fair Prep

Hello Psychology Majors,

We hope you are settling in well to the spring semester! Remember to take care of yourselves as the semester begins to ramp up.

This newsletter will focus on academic success such as connecting with professors, resume tips and career fair prep and will also include some information about upcoming events and dates.



Please keep in mind that you have until **Monday, February 26th** to drop any of your classes. 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](#).

Happy Black History Month!

*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](#).
  - New! Check out [Knack](#), a new tutoring service.
- Peer Academic Coaching - learn more [here](#).
- Seminar Series on Academic Success - 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.
- [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) with any questions.



## Hokie Bucket List for February

Take a **picture of yourself** completing one of the tasks below and **email it to [psycadvising@vt.edu](mailto:psycadvising@vt.edu)**. You will be entered into a **raffle to win a prize!**

- Attend one Black History Month event. See events [here](#).
- Attend a Student Success Center Seminar. See events [here](#).
- Attend the Connection Job Fair in person or virtually.

*Congratulations to our January winner, Cassidy!*

## Upcoming Events & Dates

**Monday, 2/26:** Last Day to Drop Classes without Penalty

**Wednesday, 2/14:** Connection Job Fair (in-person)

**Tuesday, 2/20:** Connection Job Fair (virtual)

**Saturday, 3/2 - Sunday, 3/10:** Spring Break (No Classes)

**Tuesday, 3/19 - Tuesday, 4/2:** Fall 2024 Course Request

**Tuesday, 3/26:** Last Day to change class from Pass/Fail to A-F

Please follow us on social media! We are on Instagram under [@vtpsycadvising](#) [here](#) and on Facebook via the Virginia Tech Psychology Major Advising page [here](#).