



COLLEGE OF SCIENCE
PSYCHOLOGY
VIRGINIA TECH™

FEBRUARY 2026 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, March 2nd** to **drop any of your classes**. You can see all upcoming academic dates [here](#).

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 advising appointment** [here](#).

Happy Black History Month - check out these great events [here](#)!

All the best,

*Courtney Glass, Dr. Kurt Hoffman,
Rachel Hosig & Christina Minford*



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](#).
- Tips and Strategies for 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](#).
- The Writing Center - learn more [here](#).
- Communication and Public Speaking - learn more [here](#).

Upcoming Events & Dates

Monday, 3/2: Last Day to Drop Classes without Penalty

Saturday, 3/7 - Sunday, 3/15: Spring Break (No Classes)

Tuesday, 3/24 - Tuesday, 4/7: Fall 2026 Course Request

Tuesday, 3/31: Last Day to change class from Pass/Fail to A-F



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 spent productively.

- 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 info [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/internships.
- Utilize or create a LinkedIn profile.
 - Get [Career Ready](#) and [take a professional photo](#)
 - [How to make LinkedIn Connections](#)
 - Join the [Virginia Tech LinkedIn page](#) to connect with alumni.
- [Internship Central](#) has a lot of great information.
- [InterviewPrep](#) - Get help with [interview practice](#) with a career advisor.



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Welcome Rachel Hosig, Academic Advisor!



Rachel Hosig is the newest Psychology academic advisor and will begin meeting with students in mid-February.

About Rachel:

I'm excited to be joining the College of Science as an Academic Advisor for the Department of Psychology! I grew up in Blacksburg and earned undergraduate degrees in statistics and social work from JMU. I began my career in higher education as an academic program coordinator at VCU before returning to Blacksburg in 2024 to serve as a program coordinator with the Office of Living-Learning Programs at VT. I love working with students and am excited to support psychology students more directly throughout their undergraduate experience. Outside of work, I love doing puzzles, biking, and spending time with my sister and my 7-month-old niece.

Please follow us on social media!

We are on Instagram under @vtpsycadvising [here](#).