



COLLEGE OF SCIENCE  
**PSYCHOLOGY**  
VIRGINIA TECH™

## OCTOBER 2025 NEWSLETTER Academic Success and Career Fair Prep

Hello Psychology Majors,

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

This newsletter will focus on academic success, including tips on connecting with professors, resume preparation, and career fair preparation, as well as information about upcoming events and dates.



Please keep in mind that you have until **Tuesday, October 7th**, 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](#).

*All the best,*

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

### Upcoming Events & Dates

**Tuesday, 10/7:** Last Day to Drop Classes without Penalty

**Friday, 10/17:** Fall Break (No Classes)

**Tuesday, 10/21 - Tuesday, 11/4:** Spring 2026 Course Request

**Tuesday, 10/27:** 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 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 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 and internships.
- Utilize or create a LinkedIn profile.
  - [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.

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](#).