

# Applying to Grad School: Putting your Best “Multicultural” Self Forward

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# Checking-in

- Welcome!
- What questions do you have?



# Thank you MPS!



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# Many roads lead to licensure!

- Counseling
- Marriage and Family Therapy
- Psychiatry
- **Psychology**
- Social Work



# Psychology: MA First?

- Unaware
- Clarify goals
- Build academic profile



# Application

- Diversity
  - Question
  - Statement
- Cultural Consciousness



# Cultural Consciousness

- “...developing awareness of culture in the self, which can result in expanding understandings of culture and developing deeper cultural knowledge about other individuals and contexts” (Paez & Albert, 2012, p. 2).



# Academic Resources for Building Cultural Consciousness

- Courses
- Minors
- Extra-curricular
  - MPS



# Books for Building Cultural Consciousness

- Banaji, M. R. & Greenwald, A. G. (2013). *Blindspot : Hidden biases of good people*. Delacorte Press.
- Helms, J. E. (1992). *A race is a nice thing to have: a guide to being a white person or understanding the white persons in your life*. Content Communications.
- Kendi, I. X. (2019). *How to be an anti-racist*. One World.
- Steele, C. M. (2011). *Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do*. W. W. Norton & Company, Inc.



# Clinical Psychology, Social Work, or Counseling

- Abnormal Psychology
- Clinical Psychology
- Systems of Psychotherapy
- COOP (4-9 credits)
- Lab work
- Minor based on interests



# Particular Population

- Child Psychology
- Adolescent Psychology
- Developmental Psychology
- African-American, Latinx
- LGBTQ



# Minors

- Social work
- Writing studies
- Public health
- Business
- Anthropology or Sociology
- Language minors
- Diversity-focused minors
- Check out all minors in degree works



# Typical Criteria

- GPA
- GRE: General and Psychology
- Letters of Recommendation: Native vs. Transfer Students
- Personal Statement
- Curriculum Vitae
- Clinical Experience: Consider COOP or Volunteering
- Research Experience: Check out our labs
- Teaching Experience: Ask about being a TA
- Minor
- Extra-curricular Activities (Psychology Club/Psi Chi/MPS)
  - Be a member or a student leader



# Typical Timeline

- Summer (rising senior)
  - Identify schools
  - Prep for the GREs: Some schools are waiving
    - <https://twitter.com/richleephd/status/1321891943878553600?s=21>
  - Start drafting statement and CV
  - Consider letter writers
- Fall
  - Submit application
  - Rolling admissions



# Typical Timeline

- Spring
  - Interview
    - Virtual
      - Practice
      - Background?
      - Privacy?
      - Save money
  - Accept 😊 (Doc programs start in the fall)



# The 7 “Whats” of a Personal Statement

- What happened that you became interested in psychology?
  - What did you do about it?
  - What is unique about you?
  - What do you want to do with a graduate degree?
  - What about the particular program interests you?
  - What’s the difference....?
  - What else?
- Adapted from: St. Onge, S., Fuentes, M.A., White, K., & Deevakonda, P. (2007, August). *The five “whats” of a personal statement*. Poster session presented at the 115<sup>th</sup> Annual Convention of the American Psychological Association, San Francisco, CA.





# Applying to Grad School (APA)

- <http://www.apa.org/education/grad/applying.aspx>



# Preparing and Applying for Graduate School in Psychology

- A free video series to guide students through research, applications, interviews and decisions.
  - [https://www.apa.org/education/grad/application-video-series?\\_ga=2.82722064.781896145.1605042665-11330589.1605042665](https://www.apa.org/education/grad/application-video-series?_ga=2.82722064.781896145.1605042665-11330589.1605042665)



# Mitch's Uncensored Advice for Applying to Graduate School in Clinical Psychology

- <http://mitch.web.unc.edu/files/2017/02/MitchGradSchoolAdvice.pdf>



# Getting Into Graduate School: Your Roadmap for Success!

- [http://psychlearningcurve.org/graduate-school-roadmap/?utm\\_source=Psych+Learning+Curve&utm\\_campaign=98304cc153-tip+4+grad+program+8+15+18&utm\\_medium=email&utm\\_term=0\\_ff6044c3a5-98304cc153-219110021](http://psychlearningcurve.org/graduate-school-roadmap/?utm_source=Psych+Learning+Curve&utm_campaign=98304cc153-tip+4+grad+program+8+15+18&utm_medium=email&utm_term=0_ff6044c3a5-98304cc153-219110021)



# One Tip for Choosing the Right Graduate Program

- *“What program will give me the best chance of getting the job I want when graduate?”*
  - [http://psychlearningcurve.org/one-tip-for-choosing-the-right-graduate-program/?utm\\_source=Psych+Learning+Curve&utm\\_campaign=98304cc153-tip\\_4\\_grad\\_program\\_8\\_15\\_18&utm\\_medium=email&utm\\_term=0\\_ff6044c3a5-98304cc153-219110021](http://psychlearningcurve.org/one-tip-for-choosing-the-right-graduate-program/?utm_source=Psych+Learning+Curve&utm_campaign=98304cc153-tip_4_grad_program_8_15_18&utm_medium=email&utm_term=0_ff6044c3a5-98304cc153-219110021)



# PsyD or PhD?

- <https://www.apa.org/ed/precollege/psn/2016/01/doctoral-degrees>



# What is the difference between a clinical psychologist and a counseling psychologist?

- [http://www.div17.org/students\\_differences.html](http://www.div17.org/students_differences.html)



# Other Good Resources

- Norcross, J. C., Sayette, M. A. & Mayne, T. J. (released each year). *Insider's guide to graduate programs in clinical and counseling psychology*. New York: Guilford Press.
- Appleby, D.C., & Appleby, K. M. (2006). Kisses of death in the graduate school application process. *Teaching of Psychology* 33, 19 - 24.



# Closing

- One key takeaway from today's session?
- One step you will take toward reaching your goal to apply to grad school?



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