

# Psi Chi

**The International Honor Society in Psychology**

Welcome to our second meeting of the Fall semester!





# We are now accepting applications!

Application deadline is **October 24th**

## FALL 2018 GPA Cutoffs

<b>SOPHOMORE</b>	<b>3.489</b>
<b>JUNIOR</b>	<b>3.346</b>
<b>SENIOR</b>	<b>3.355</b>

You can turn in your application at any of our biweekly meetings, or during our office hours!

### Office Hours:

Mondays 9:30-10:30a

Tuesdays 10:30-11:30a & 1:00-2:00p

Wednesdays 11:30-12:30p & 5:00-6:00p

Thursdays 12:00-1:00p & 3:00-4:00p



## **Before turning in your application...**

Remember:

- 1) Complete and print out the online application
- 2) Bring your most up-to-date UCF degree audit
- 3) Finally, have \$75 cash or check for dues



Now to tonight's presentation...

# Tips and Tricks for a Successful Undergrad





## Advising

**Get involved early and plan ahead!**

- **Most graduate programs want to see at LEAST 1 year of research experience**
- **More time to get to know professors (more personal letters of rec)**
- **Can help narrow down what you want to do**



# If you're a transfer student...

## Helpful tips:

- Check out Psych Advising to go over your degree audit
- If you have psychology electives from your previous school, psych advising most likely can have them transferred over
- They can also help you figure out what classes you still need to take to fulfill your degree requirements
- ALSO do not feel as if you cannot get involved within the few semesters you might be here - you CAN



## **Great Classes and Professors**

*Some Recommendations:*

**Neuropsychology with Dr. Sherod**

**Cognitive Psychology with Dr. Lighthall**

**Advanced Research Methods with Dr. White**

**Sleep and Dreams with Dr. Saunders**

**Women's Mental Health with Dr. Chesnut**

**Clinical Psychology with Dr. Chesnut**

**Physiological Psychology with Dr. Modianos**

**History and Systems with Dr. Sims**



# You could get PAID to be an RA!

**Federal Work Study (FWS):** Students with financial need, based on the most current FASFA, can earn money while working as a Research Assistant!

- Call or stop by financial aid and ask if you qualify!
- Pay for RAs is \$9 an hour
- Cannot work more than 20 hours per week

Or..... if you have been already very involved in a lab, ask your PI if they have additional funding and can afford to pay you directly for a more leadership role in the lab (i.e. Lab Manager)!





# Adding a minor or certificate...

Great minors and certificates for Psychology majors:

- Cognitive Sciences minor
- Statistics minor
- Biology minor
- Mathematics minor
- Behavioral Forensics certificate
- And many more...

The psychology degree has built-in room to add a minor or certificate! It also gives you a chance to specialize in a certain area and set yourself apart from others



# Volunteering/Internships

Great boost to CV and a chance to get some real world experience!

- Hospitals
- Clinics
- Schools
- ...and so many more!

Make sure this relates to an area of interest for you

This is HUGE when applying for a Masters program



# Get Involved

## Becoming a Teaching Assistant...

- Usually at the end of a course, a professor will offer teaching assistant positions to students who received an A in the course
- Responsibilities as a TA can range from grading assignments to hosting review sessions
- If the professor does not offer positions at the end of the semester, try emailing them to see if they need any TAs
- Small universities usually do not have a need for teaching assistants, therefore this is a great way to set yourself apart on grad school applications or a curriculum vitae
- If you haven't already been a TA, you will have to take PSY 4942 - Instructional Experiences in Undergraduate Psychology (3 credit hours)



# Opportunities offered here at UCF

## Showcase of Undergraduate Research Excellence (SURE)

- April 9th, 2019 in the Pegasus ballroom
- Applications usually due in February
- In-progress research and class projects welcome!
- Good practice for other conferences
- Not as scary as it seems!

## Summer Research Programs

- Get familiar! McNair Scholars, RAMP, etc.

## Participate in extracurriculars

- Boost your CV with involvement
- Get involved with Psi Chi (you're already here!!!)



# The Ultimate Guide to Research Labs

- Go to <https://our.ucf.edu/prospective/positions/> and browse different research assistant positions
  - Not just psychology labs
  - Meet with Undergraduate Office of Research (OUR) and get code that lets you apply to positions listed on the linked website
- RA Match
  - Can go to <https://psy-ramatch.cos.ucf.edu/> and fill out a questionnaire about preference in terms of research lab, and level of experience



## **If RA Match isn't for you...**

**Don't be afraid to reach out to a professor that you want to work with!**

- **Send them an email or stop by office hours**
- **If you have grad school in mind, mention that!**
- **Read up on what kind of research they do in their lab**
- **Let them know how you can contribute**
- **If they don't currently need RAs, ask them if they know of any colleagues who do!**
- **Don't be scared of talking to professors! They are paid to help you in your academic pursuits!**

# Graduate with Honors!

**Honors in the Major (HIM):** Students undertake an original independent research project in their major with the guidance of a professor(s) in the chosen area.

- Research experience in a topic of your choice
- Stand out in a graduate school application
- Personalized letters of recommendation
- Possibly get published
- GPA boost
- Access to a multitude of benefits including Honors courses, free unlimited printing, free study space, and scholarship and grant opportunities
- Minimum two semester and 6 credit hour commitment

## Minimum Eligibility Requirements:

- Sixty (60) completed hours of college credit
- Twelve (12) completed upper division hours of college credit
- At least a 3.2 UCF or Overall GPA
- At least two semesters remaining prior to graduation

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# **If Honors in the Major isn't your thing...**

## **Advanced research methods/Independent research**

- **Advanced Research Methods - PSY4215C**
  - **Great opportunity to do a research project in a group setting**
  - **Also great introduction to performing research project**
  - **Structured research; A way to dip your feet into what research is all about**
  - **May lead to future conferences (such as APA Convention or SEPA) and manuscripts**
- **Not sure about HIM? Do an independent research project!**





# **Harness the power of the internet!**

## **UCF Library/PsychInfo/Google Scholar**

- **Important to become familiar with these databases if planning on grad school**
- **Can make appointment with UCF Librarian**
- **They will go through how to use these sources and even help you complete a literature search/review**



# Thinking about Grad School? Conquer the Dreaded GRE

Take your time to study!

- Magoosh is easy to use
- Manhattan Prep is a wonderful source
- Check Amazon used for cheap options on review books

If you qualify, you may be able to get a reduced GRE price voucher from the Financial Aid office!



## Mitch's Uncensored Advice (Application Process)

- This brief guide is designed to provide an overview of different types of possible career options in the mental health industry, as well as specific information about the application process for the clinical psychology doctoral (Ph.D.) program. Ex. Excerpt:

**“What is the best research experience to get? No single type of research experience is necessarily better than another. First, it is important for you to become exposed to the research process to determine whether you enjoy this type of work. A second goal of your research experience is to learn about the type of research questions that interest you the most. Third, and perhaps most important, it is essential that your research experience allow you to become educated regarding the scientific questions under investigation.”**



# **The Go-To Guide for Grad Schools**

## **APA's Graduate Study in Psychology**

- **Excellent resource to get in-depth info on ANY school across the country**
- **This is crucial when narrowing down your grad school list**
- **Updated yearly with program requirements and statistics**



# **Grad school application process**

- **Need 2-3 letters of recommendation (from people with a PhD if PhD program)**
- **Statement of Purpose**
- **Research Experience (PhD)**
- **Volunteer/Internship (Masters)**
- **GRE**

# Speaking of Grad School....

## **Next Psi Chi Meeting: Graduate Student Panel**

Come with any questions you may have for current UCF graduate students in various programs (Clinical, I/O, Human Factors)!

Ask about life in the program, research interests, how they got involved in their undergrad, application process, and general advice!

**September 26 at 8pm in room PSY 301Q**

Visit us in our Office Hours if you have any other questions or need some more tips for success! See you soon!

