

## 9/12 Psi Chi General Body Meeting Minutes: Tips & Tricks for a Successful Undergrad

### Applications:

- Deadline is October 24th.
- Fall 2018 GPA cutoffs.
  - Sophomore: 3.489
  - Junior: 3.346
  - Senior: 3.355
- Can turn in applications during the meetings or office hours (posted on the Facebook page & Psi Chi website).
- Make sure to bring a printed out version of the completed application, Knights degree audit, and \$75 (cash or check).

### Advising:

- Go to Psych Advising.
  - Can help you narrow down your interests.
  - Better to go earlier in the semester.
  - Can link you to other Psychology related events.
- Important to get involved early, try to plan ahead.
  - More time to get to know professors (& maybe get a letter of recommendation).
- 1 year of research minimum needed for Grad School.
- Director of Psych Advising: Karen Cox
  - She can help you narrow down your interests and give you advice about your future in Psychology.
  - If you want to schedule an appointment her email is [Karen.Cox@ucf.edu](mailto:Karen.Cox@ucf.edu)
    - Give her at least 3-4 business days to respond.

### Transfer Students:

- You can still get involved it's not too late, make the most of your time here.
- Make sure your psychology electives transfer to UCF.
  - Psych advising can help you check and transfer the courses if need be.

### Class/ Teacher Recommendations:

- Neuropsychology w/ Dr. Sherod (online)
- Cognitive Psychology w/ Dr. Lighthall
- Advanced Research Methods w/ Dr. White
- Sleep & Dreams w/ Dr. Saunders (online)
- Women's Mental Health w/ Dr. Chesnut (online)

- Clinical Psychology w/ Dr. Chesnut (online)
- Physiological Psychology w/ Dr. Modianos
- History & Systems w/ Dr. Sims
- \*Important to make the effort when it comes to classes & teachers (showup to class, read the book, study, etc)\*.

**Research Assistant:**

- Federal Work Study (FWS): based on financial need, students can get paid to be a Research Assistant.
  - Can get paid \$9 an hour for no more than 20 hours per week.
  - Call financial aid or stop by the UCF financial aid office to see if you qualify.
  - You can also ask your professor if they have any grant money available for lab positions (ex. Lab manager).
  - Apply for scholarships through Psi Chi, UCF undergraduate research, & SGA (can get money for attending or presenting at a conference).
- Research Lab
  - Can google UCF undergraduate research database (or follow this link <https://our.ucf.edu/prospective/positions/>) and it will give you access to all research labs at UCF.
    - Need a password to access contact information. You can make an appointment with the office of undergraduate research or attend an undergraduate research workshop.
    - Peer Mentor Advising Hours:

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 11 a.m.	9 – 11 a.m.		9 – 11 a.m.	9 a.m. – 12 p.m. <a href="#">(by appt.)</a>
1 – 3 p.m.	1 – 4 p.m.	4 – 6 p.m.	1 – 3 p.m.	

	<a href="#">(by appt.)</a>	<a href="#">(by appt.)</a>		
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- How to: Get Started in Undergraduate Research Fall 2018 dates.
  - September 19, 2018 @1:30pm Trevor Colbourn Hall:201
  - September 27, 2018 @1pm Trevor Colbourn Hall: 201
  - October 23, 2018 @12pm Trevor Colbourn Hall: 201
  - November 7, 2018 @3:30 pm Trevor Colbourn Hall: 201
  - November 13, 2018 @12pm Trevor Colbourn Hall:201
  - November 19, 2018 @1:30pm Trevor Colbourn Hall: 201
  - November 29, 2018 @11am Trevor Colbourn Hall: 201
- Look at Office of Undergraduate Research website. (<https://our.ucf.edu/>) for additional resources.
- RA Match
  - <https://psy-ramatch.cos.ucf.edu/>
  - Psychology based research labs.
  - Don't worry if you haven't taken research methods or statistics, you can still work in a lab.
- Contacting a Professor
  - Professors are willing to help students, so don't be afraid of contacting them.
  - Read about the type of research done in their lab & let them know how you can contribute.
  - If you are interested in Grad school mention that to them.
  - If they aren't looking for RAs at the moment, ask if they know of anyone who is.

**Minor/Certificate:**

- Some examples of possible minors or certificates.
  - Cognitive Science minor.
  - Statistics minor.
  - Biology minor.
  - Mathematics minor.
  - Behavioral Forensics certificate.
- Have room to add a minor or certificate so you should take the opportunity to specialize in something that interests you.

- Go to psych advising because maybe you already have some credits for a minor/certificate without planning for it.

### **Volunteering/Internships:**

- Important when applying to a Masters program.
- Looks good on your CV.
- Look at UCF Psychology Facebook posts for information regarding positions available.
- Ex. Hospitals, Clinics, Schools, Mental Health Association Guardian Advocate, etc.
- This can help you narrow down your interests and determine if your future career path is right for you.

### **Teaching Assistant:**

- Get course credit for taking PSY-4942 Instructional Experiences in Undergraduate Psychology (easy online class & only have to take once).
- Responsibilities differ for every teacher.
  - Ex. show up to class & create test questions, help moderate tests, host review sessions, etc.
- Great CV booster because not a lot of schools offer undergraduate TA positions.
- Gives you the opportunity to strengthen your relationship with the professor (possible letter of recommendation).
- If you took the course with another professor or at a different college, you can still become a TA. Just email the current professor of the course and ask to be a TA.
- Must have an A in the course you want to TA for.
- If the professor doesn't mention anything about TA positions at the end of the semester, try emailing them to see if they need any TAs.

### **Different Opportunities at UCF:**

- Showcase of Undergraduate Research Excellence (SURE).
  - April 9th in the Pegasus Ballroom.
  - Application due in February.
  - A great opportunity to present class projects & in-progress (or finished) research.
  - Looks good on your CV & good practice for other conferences.
- Summer Research Programs.
  - McNair Scholars, RAMP, etc.
- Participate in the extracurriculars offered at UCF.

### **Honors in the Major (HIM):**

- Requirements: 60 completed college credits.
  - 12 completed upper division college credits.
  - 3.2 Minimum UCF or Overall GPA.
  - At least 2 semesters before graduation.
- Gives an idea as to what grad school is like.
- Can get good letters of recommendation from your faculty advisors.
- Try to get a professor in the research area you are interested in because they can give you advice about your research topic.
  - Make sure you are really interested in your topic because you will be reading a lot of information about the topic and working on your research project for at least 2 semesters.
- Important to have time management skills.
- Graduate with honors distinction.
- Can present at conferences with your research project.

### **Alternatives to HIM:**

- Advanced Research Methods.
  - Group-setting, guided research project.
  - Good introduction to completing a research project.
  - Can present at conferences.
- Can do an independent research project.

### **Research Databases:**

- UCF Library/PsychInfo/Google Scholar.
  - Important to know how to use these databases for grad school.
  - Can make an appointment with the UCF librarian & they will sit down with you and help you locate research materials and sources.

### **GRE:**

- Try to make a study schedule & stick to it (ex. 30 min every week).
- Review books (can find on amazon for as low as \$12).
  - Ask older students if they have a review book you can use or buy from them.
- Magoosh apps.
  - Helps you study while you are on your phone.
- Look online for free GRE practice tests/material.
  - <https://crunchprep.com/gre/2014/free-gre-practice-tests>

- If you qualify, you might be able to get a reduced GRE price voucher from the Financial Aid office.

### **Grad School Application Process:**

- Book: Mitch's Uncensored Advice on Psychology
  - Helpful source of what you need to look for for Grad school in Psychology.
  - Gives advice for how to apply (ex. Good personal statement vs. bad personal statement).
- Book: APA's Graduate Study in Psychology.
  - Gives in-depth info on any school in the US.
  - Mentions what aspect of psychology the school specializes on.
  - Go to [apa.org](http://apa.org) or amazon to order book.
- Need 2-3 letters of recommendation.
  - If applying to a PhD program, letters need to be from someone with a PhD.
  - Make sure the professor knows you, so you can have a strong letter.
- Statement of Purpose.
  - Can look at examples online of how to create one.
- Need Research Experience (PhD).
- Need Volunteer/Internships (Masters).
- Have to take the GRE.

**\*\*\*Next Meeting September 26th @8pm room PSY 301Q: Graduate Student Panel\*\*\***

If you have any questions please contact [ucfpsichi@gmail.com](mailto:ucfpsichi@gmail.com) or come to office hours! Thank you and have a great day!