

GBM 2: Navigating the Psych Major

Tracks Within the Major:

Clinical-The integration of science, theory, and clinical knowledge to understand, prevent, and relieve psychological distress or dysfunction and promote well-being.

I/O-Applies psychological principles and research to improve the overall work environment, including performance, communication, professional satisfaction and safety.

Human Factors-Studies the interaction between humans and machines/technology. Using psychological science to guide the design of products, systems and devices and increase performance and safety.

Neuroscience-Integrates the understanding of brain functioning on psychological responses. Highlights how physical responses to psychological issues can be used to treat mental health issues.

Experimental-Seeks to explore and understand human behavior through empirical research methods.

General-The broad study of the basic principles, issues, and methods underlying psychology.

Resources & Opportunities

Psych Advising:

Guides you on the right path in all things Psych! Located on the third floor of the Psych Building
psychadvising@ucf.edu

Career Services:

Great to help prepare you with job searching and resume building. CSEL building is located right next to the Psych Building!

Handshake:

Learn about job opportunities and internships in psychology and related fields.

Academic Advancement Programs:

Provides various types of programs and advising to help prepare you for grad school

Getting Involved in Undergraduate Research

Lab URA:

Helping a faculty member or graduate student in their lab by collecting data, briefing participants, etc.

Honors Undergraduate Thesis:

Provides juniors and seniors the opportunity to engage in original and independent research or creative activity.

CAPS URA:

UCF Counselling and Psychological Services takes one URA to help in mental health on campus research.

Direct Independent Research:

Working under a faculty member to assist their research by completing an independent project.

Preparing for Graduate School

Exploring Career Options:

The APA has a guide to learn more about subfields in psychology and what is needed to pursue your dream career in psychology! <https://www.apa.org/careers/resources/guides/careers>

Research programs:

The UCF College of Graduate Studies & UCF Career Services hold Graduate and Professional School Fairs throughout the school year. Check out their websites for more information!

Applying for Programs:

Career Services hold Graduate and Professional School Fairs throughout the school year. Check out their websites for more information! Due to COVID-19, a lot of programs have removed the GRE requirement. Always check before applying! It is recommended to take the GRE as your score will be valid for 5 years.

E-Board Members Paths to Success**Ross:**

Campus Involvement, Leadership (start small), Mentorship, Work Experience, TA Experience, Psych Conferences, Internships!!

Sarah:

Campus leadership, Guardian Advocacy, certificate and internship, Making connections with Professors, Research, GRE Prep, Tutoring/Mentorship

Michelle:

Campus Involvement
with Psych RSOs, Leadership / Work Experience, TA Experience, Honors Undergrad Thesis, Research Lab Experience, Psych Conferences, Connections with professors Keeping a high GPA.

Kate:

Campus involvement, TA experience, Leadership within and outside of psychology RSOs, Research experience with Ph.D. student, Work experience, Grad school, workshops/panels, GRE prep books!

Flora:

Excelling in classes, Forming close relationships with potential references, TA experience, Research and grad school workshops, Volunteering, Campus leadership

Mikayla:

TA experience, Informational interviews, Contacting/networking with others Education (outside of courses)

Guardian Advocacy Program & Certification

What is a Guardian Advocate?

- Serving as a temporary surrogate decision maker for involuntarily hospitalized clients, under the Florida Baker Act, who are unable to act on their behalf. The certification equips an individual with critical knowledge of crisis mental health treatment and certifies the trainee as a Guardian Advocate.

How Can I Become One?

- There is a four hour (FREE!) online course being offered by the Mental Health Association of Central Florida (MHACF).
- Certification never expires.

What Will I Learn During the Training?

- The History of the Florida Mental Health Act (Baker Act).
- When to use emergency mental health hospitalization.
- How to access emergency mental health hospitalization.
- The difference between a Voluntary and Involuntary hospitalization.
- Patient's rights during treatment.
 - Sign up is on the powerpoint
 - Dates Course is Being Offered: Wednesday, September 22nd from 9 a.m.-1p.m. or Thursday, September 30th from 12pm-4pm
 - Contact Tiara Leath (TLeath@mhacf.org) or Charlotte Melton CMelton@mhacf.org) if you have any questions or concerns.

Important Dates

Next GBM-Talking about Psych Career Field Opportunities-September 27th

Application deadline-October 17th

Office Hours

Ross-Tuesdays 11:30-12:30pm

Flora-Thursdays 11:30-12:30pm

Kate-Thursday 4:30-5:30 pm

Michelle-1:00-2:00pm

Mikayla-Online

Sarah-11:00-12:00pm

*Office is in Student Union on second floor

First room on the right*