Ph.D
● Need to have a different mindset for grad school (looking for students that eat, sleep, and breathe grad school)
● How to get into Grad School?
  ○ Need to have good/high GRE scores compared to other students nationwide
  ○ GPA (will look at overall, last 2 years, and/or psychology GPA)
  ○ Coursework: will look at it occasionally to see if took difficult classes
  ○ Letters of recommendation: at least 3 good letters (all should be academic); 1 can be from an internship (more for clinical & counseling)
  ○ Honors in the Major (HIM) Thesis: not required, but should look into
  ○ Fieldwork: not required, but should look into & can get credit hours
  ○ Get involved in Psi Chi, Psychological Society, Multicultural Psychological Student Association, etc.
  ○ Undergraduate Research Assistant (RA): mainly for doctoral programs
  ○ Undergraduate Teaching Assistant (TA)
  ○ Peer advisor in the Psychology Advising Center
● Should you go to Grad School?
  ○ Need to be self-motivated & interested in learning
  ○ Won’t make a lot of money during grad school, so money shouldn’t be an important factor
● What is Grad School like?
  ○ Full-time
  ○ Small seminar classes
  ○ Essay exams/ take-home exams
  ○ Eat, live, and breathe psychology
  ○ Reading primary sources (journal articles)
  ○ Virtually no electives
  ○ Multitasking (go to class, do research, work as GTA, etc)
  ○ Working as a GTA or GRA (no outside employment)
  ○ Be at your advisor’s beck & call
● Apply now or later?
  ○ It’s ok to wait and take a gap year
  ○ But don’t wait too long
  ○ Don’t be in a rush to graduate, can postpone graduation if need research experience
● How long does it take?
  ○ About 5 years for PhD
○ About 2 years for Masters

● Where should I apply?
  ○ Apply to a bunch of schools that you think is a good fit
    ■ Good fit: matching research interests
    ■ Make sure you’re on your best behavior constantly
  ○ Do the schools have a good reputation in the psychological research world?
    ■ Look at grad school reputation not undergrad
  ○ Look at department size
    ■ Large departments have the most resources
  ○ Best if you can apply to schools out-of-state because that means more options

● How to afford Grad School?
  ○ Fellowships, GTA, GRA, tuition waivers
  ○ Most still had a bit of debt
  ○ Ph.D students get the most aid, Master’s students sometimes get aid
  ○ GTA and GRA salaries are low
  ○ Raising a family on a graduate student’s salary is very hard

● Personal statement:
  ○ Get feedback/revise it
  ○ Tailor letters for each school
  ○ Promote strengths, but don’t overdo it
  ○ Don’t get too personal

● Master’s or Doctorate:
  ○ Take the GRE to see if you’re competitive for doctorate & then see which one you want
  ○ A master’s isn’t necessarily a stepping stone for getting into a PhD program; maybe save 1 year in a PhD program

● PsyD
  ○ For people interested in practicing psychology
  ○ Can be costly & less financial aid than PhD
  ○ No major emphasis on research

● Try to visit the schools before applying & definitely after they accept you
● Try to talk to graduate students when you visit schools
● What to do if you’re not accepted:
  ○ Do something useful with your time (ex. Research, take GRE again, etc)
● Always waive right to view letter of recommendation
  ○ If taking a gap year it’s best to let the teacher know you would like to have them write a letter of recommendation in the future & email them when the time comes to remind them