

# Mission Statement

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“It is our intent and purpose to provide students with educational as well as entertaining activities within the realm of psychology. We aim to serve as a forum for students to discuss psychology, its related issues and how it affects student life. This organization also seeks to provide students with exposure and insight into the different areas of psychology, volunteer opportunities, graduate programs and prospective employment opportunities.”



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PSYCHOLOGICAL  
SOCIETY

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*University of Central Florida*

~ Est. 1972 ~

**DO YOU  
WANT  
Stoles?  
Cords?  
Awards?**

**DID YOU KNOW?**

**We host an awards banquet every Fall & Spring semester to recognize outstanding members!!**



# Want stoles, cords, and awards? YOU GOTTA EARN 'EM!

## Details...

- ▶ You have to earn a minimum of 25 points.
- ▶ You must attend at least 3 general meetings.
- ▶ The points you earn must be a combination of volunteer events and meetings - this is to encourage you guys to get involved! 😊
- ▶ In addition to meeting this criteria, you must also be in your graduating semester in order to receive cords and stoles.

Every Fall & Spring semester we recognize outstanding members and graduating seniors with awards & recognition!

Activity	Points
Psychological Society General Meetings	5
Psychological Society Events	4
Outside Organization Event	2
Volunteering with Psychological Society	2
Volunteering with Outside Organizations	1
SONA, RA, TA	.5
Mentor/ Mentee	3

# *Got questions? Need advice? Just want to talk?*

## We have office hours!

Sure you can stop by with your application and dues, but we're also here to help YOU! Stop by the office if you ever have questions or just need to chat! Even if we don't have an immediate answer, we promise we'll get you on the right track. Can't make it in to office hours? Shoot us an email or send us a Facebook message. It's our goal to make this organization a wonderful and rewarding experience for all of our members. 😊

<b>Mon:</b>	9:00 am - 10:00 am
<b>Tue:</b>	11:00 am - 12:00 pm
<b>Wed:</b>	10:00 am - 11:00 am
<b>Thu:</b>	10:00 am - 12:00 pm
<b>Fri:</b>	1:00 pm - 2:00 pm



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# PSYCHOLOGICAL SOCIETY

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*presents:*

## What I Wish I Had Known...



# Timeline of Activity

Year	Fall	Spring	Summer
Freshman	<ul style="list-style-type: none"><li>• Get involved! Join a club</li><li>• Talk to professors</li><li>• Look into research labs</li></ul>	<ul style="list-style-type: none"><li>• Apply to research labs</li></ul>	<ul style="list-style-type: none"><li>• Volunteer</li></ul>
Sophomore	<ul style="list-style-type: none"><li>• Don't be afraid to take upper level courses</li><li>• TA or Officer position</li></ul>	----->	<ul style="list-style-type: none"><li>• Internship</li><li>• Summer Research Programs</li></ul>

# Timeline of Activity

Year	Fall	Spring	Summer
Junior	<ul style="list-style-type: none"><li>• Start researching grad programs</li></ul> Transfer students: <ul style="list-style-type: none"><li>• Condense freshman year</li><li>• You can do it!</li></ul>	<ul style="list-style-type: none"><li>• Prep for the GRE</li><li>• Subject test?</li><li>• Faculty for LoR?</li></ul>	<ul style="list-style-type: none"><li>• Prep/ Take the GRE</li><li>• Decide which Grad schools to apply to</li><li>• Summer Research</li></ul>
Senior	<ul style="list-style-type: none"><li>• <b>Apply to Grad school</b></li><li>• <b>Get those LoR</b></li><li>• <b>Keep Calm</b></li></ul>	<ul style="list-style-type: none"><li>• Grad School interviews</li><li>• Plan for after graduation if not grad school</li><li>• Apply to jobs</li></ul>	<p>Achieve your dreams! You did it! WHEE!</p> 

# Core Requirements

- ▶ Psychology Cornerstone: Career Paths
- ▶ Statistical Methods in Psychology
- ▶ Research Methods in Psychology
- ▶ Physiological Psychology
- ▶ History and Systems of Psychology
- ▶ Psychology Capstone







# Core Classes for Psychology Degree

- ▶ General Psychology- PSY 2012
- ▶ College Algebra- MAC 1105C
- ▶ Statistical Methods I- STA 2023 or STA 2014C
- ▶ Biology I -BSC 1005 or BSC 2010C
- ▶ Developmental Psychology DEP 2004C

# Core Classes Cont'd

- ▶ Psychology Cornerstone: Career Paths- PSY 2023
- ▶ Statistical Methods in Psychology -PSY 3204C
- ▶ Research Methods in Psychology-PSY 3213C

# Declare a Minor!

- If you intend on minoring in a subject, make sure to declare your minor using the Student Self Service tool.
- Declaring a minor is a great way to put those remaining credits you earn to good use.
- It looks great on transcripts and shows your commitment to academics!
- Having a minor in something is a great backup plan in case your major doesn't quite pan out.

# Getting to Know Your Professors

- Why is it important?
  - Relationships with your professors can help you engage course material
  - Open opportunities
  - Valuable mentorship
  - Potential Letters of Recommendation (LoR)



# Engaging Course Materials



- After class discussions
  - Is there a particular concept or theory you're struggling to grasp?
  - Do you disagree with a theory? why?
  - What do you find interesting about the class or material?
  - What does your professor think about the material?

# Exciting Opportunities

Getting to know your professor can get you experience in...

- Research
- Teaching
- Practice



# The Value in Finding a Mentor

Faculty members, your professors, have...

- Research experience
- Teaching experience
- Practice experience





# Internships: Why are they important?

- Opportunity to get direct experience in the mental health field
- Chance to network with established mental health professionals
  - Possible future career options
- Great for resume/CV for graduate school applications
  - Possible recommendation letter
- Helps you explore what field you want to work in & which specific mental illnesses you want to specialize in



# Internships: How do I find them?

- Can be done for upper-level school credit
- Options
  - MHACF in-office intern
  - Counseling Corner Inc
  - Beta Center
  - Children's Home Society
  - Guardian Advocate
- Research the internet for specific mental health providers you are interested in
  - Give them a call!
  - If they have available offers--->send resume & don't forget to be professional during interviews



# Research Labs

- Why?
  - Experience
    - For CV/Resume
    - For Self
    - Letter(s) of Recommendation
  - Knowledge
  - Networking

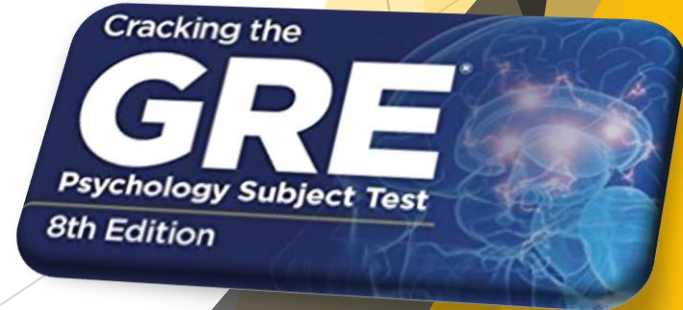


# Research Resources

- Research Labs
- Summer Research Academy
- Honors in the Major
- RA Match
- Office of Undergraduate Research (OUR)
- Mentor/Mentee Program
- Approach Professors!

# GRE Psychology Test

- 4 hours long
- Two quantitative sections, 20 questions, 35 minutes
- Two verbal sections, 20 questions, 30 minutes
- Two essays: 30 minute issue essay and a 30 minute argument essay
- One experimental or research section (doesn't affect your score)
- Research what GRE scores your prospective colleges are looking for



# GRE Psychology Test

- Score is valid for 5 years
- Kaplan and The Princeton Review
- Free practice GRE tests
  - PrincetonReview.com
- Kaplan's free question a day



# General Things ALL Psych Majors Should Do During Their Time at UCF

- ▶ 1. Develop strong studying skills!
- ▶ 2. Develop strong writing skills!
- ▶ 3. Earn strong grade point averages!
- ▶ 4. Research careers in psychology & related fields!
- ▶ 5. Do independent research!
- ▶ 6. Do internships!
- ▶ 7. Prepare for the GRE test!
- ▶ 8. Fine-tune job-seeking skills!
- ▶ 9. Join & be active in psychology related organizations!
- ▶ 10. GET INVOLVED!

# Getting Into Graduate School

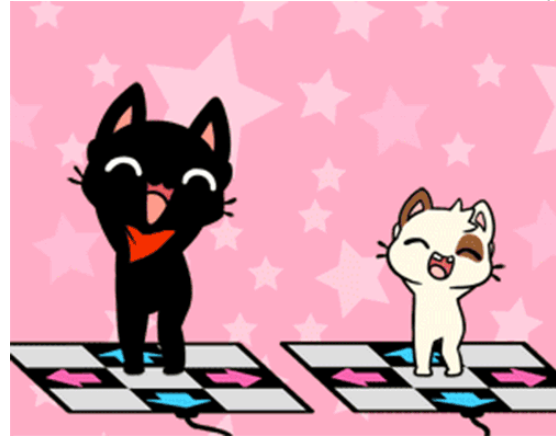
- Receiving the Letter of Recommendation
- Ref. for CV/resume





# FUN STUFF

- ▶ UCF Ticket Office = BIG DISCOUNTS!!
- ▶ Challenge Course
- ▶ Rock Wall
- ▶ Lake Claire Watersports



# *In Conclusion....*

## Conclusion:

- Learning
- Experience
- Guidance
- Advancement



# *Going Bowling!*



**Thurs. Sept. 29<sup>th</sup> at 6:30pm**

*More details to be released  
On our Facebook page*

**Firkin & Kegler**  
**12850 Waterford Lakes Pkwy**  
**Orlando, FL 32828-7098**

# Upcoming Meetings



- **Sept. 26<sup>th</sup>** – Debate/Discussion & Mentor/Mentee
- **Oct. 10<sup>th</sup>** – Guest speaker from MHACF
- **Oct. 24<sup>th</sup>** – Guest Speaker Panel (Part One)
- **Nov. 7<sup>th</sup>** – Guest Speaker Panel (Part Two)
- **Nov. 21<sup>st</sup>** – CAPS Stressbusters





# *Next Meeting:*

Monday, Sept. 26th  
7:30pm, Student Union  
Room 218C

Debate & Mentor/Mentee PairUp

# *Thanks for coming!!*