

Thinking About Grad School in Psychology?

...



University
of Regina

CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE

Who we are...

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Housekeeping stuff

- Please stay muted (unless you're speaking!)
- Questions?
 - Type in chat or raise hand
 - General questions at end of presentation

Who you are...

- Present
 - Year of study?
 - Area of study?
 - Honours?
- Future
 - Planning on grad school in psychology?
 - Subfields?
 - Applying to grad school this year?

Step 1—make sure psychology is for you, then choose a subfield.

- Clinical psychology (various streams)
- Psy. D. programs
- Experimental psychology (various areas)
- School psychology
- Counselling psychology
- Guidance counselling
- Psychiatric nursing
- Marriage and family therapy
- Or consider youth work, social work, addictions counselling, occupational therapy, etc.



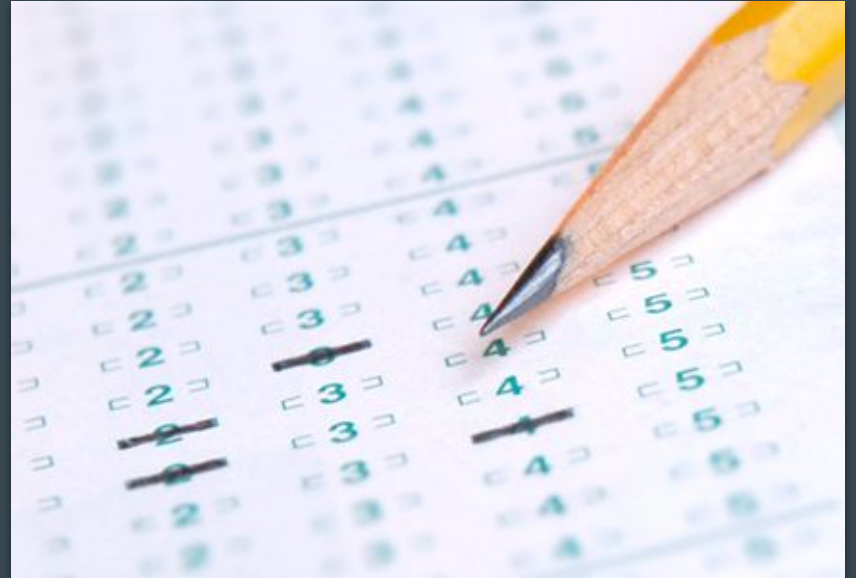
Keep in mind that your desired program might be outside of Regina!

Step 2—get the experience you need.

- Research experience
 - Email professors if they are looking for volunteer research assistants!
- Clinically relevant experience (e.g., crisis line, youth work)
- Leadership experience (e.g., committees, student groups)
- Education (coursework, Bachelor of Honours degree in Psychology is ideal)

Step 3—write the GRE.

- Lengthy
- The General test is made of 3 components
 - Analytical
 - Verbal
 - Quantitative
- Psychology test is made up of 200+ multiple choice questions in various areas in psychology



Step 3—write the GRE.

- General GRE generally required
- Psychology-specific test may be required
- Sign up for a test date far in advance: <https://www.ets.org/gre>
- Make sure you bring everything you need on test day
- Interpreting your scores
- Not satisfied with your scores? Consider retaking the exam
- Sending scores

Step 4—decide where you're going to apply.

- Consider...
 - Specialization (e.g., neuropsychology, forensic, child/developmental) or general?
 - Cost (applications and tuition are expensive!)
 - Location
 - Funding availability
 - Supervisor's research interests
 - CPA accreditation <https://cpa.ca/accreditation/cpaaccreditedprograms/>
 - Program length
 - University/program culture
 - Competitiveness

Step 5—apply!

[may differ depending on the specific school you apply to]

- Online application and application fee
- Potential supervisor(s)
- Statement of interest/Personal statement
- GRE scores (General and possibly psychology specific)
- Transcripts (overall, past two years, and psychology specific GPA may be considered; around 85%+ is typically required)
- CV (Education, experience, awards, conference presentations/posters, volunteer work, professional memberships, etc.)
- References (2-3 typically)

Step 5—apply! Tips to strengthen your application

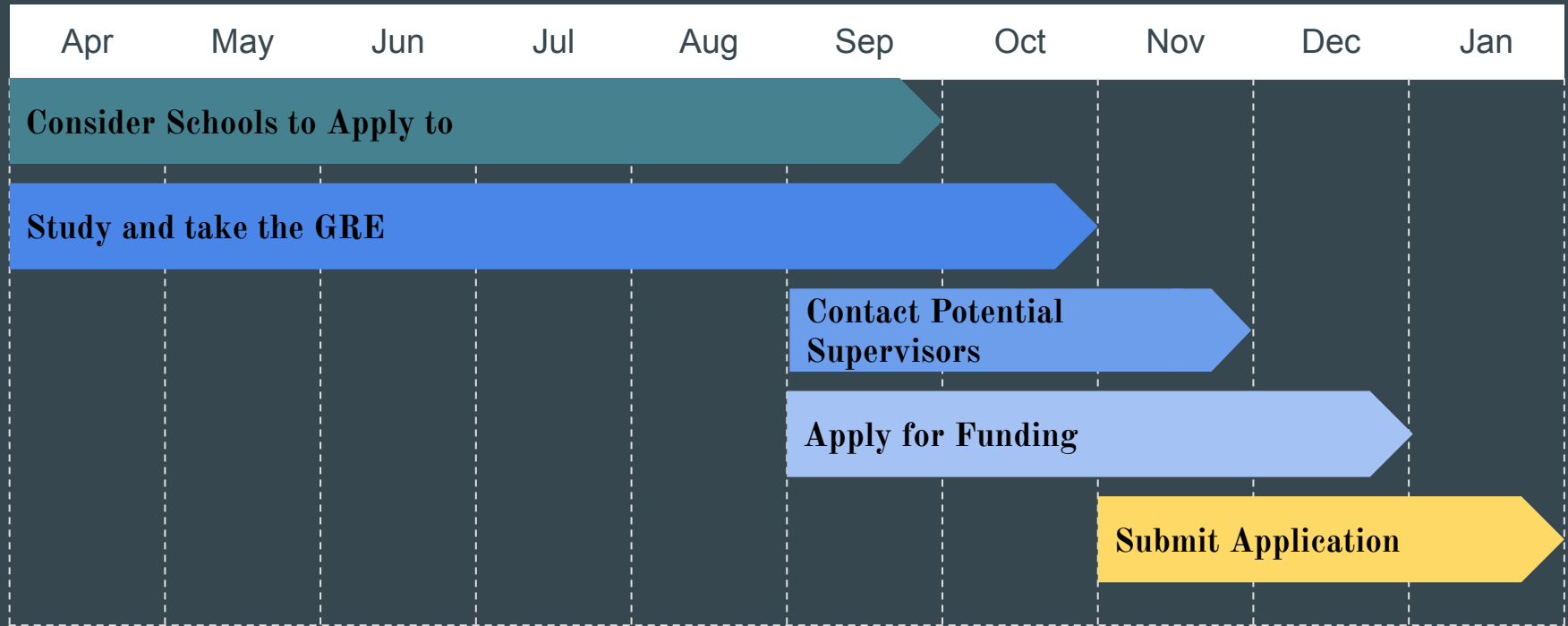


Step 6—Apply for Funding!

- Tri-council funding (Canada Graduate Scholarship-Masters)
 - Create a research proposal and complete the online application
 - Pick which agency fits with your research proposal's area
 - CIHR, SSHRC, and NSERC
- University-specific funding (e.g., Ontario Graduate Scholarship for schools in Ontario)
 - Check university websites
- Other places to look: www.scholarshipscanada.ca



OK, so you want to be a psychologist...



Step 7—interview

- Know what questions to prepare for.
- Know what questions to ask.
- Dress like a pro.



Step 8—after your interviews

- Keep building your CV.
- Wait to hear back from the universities at which you interviewed.
- Don't be discouraged if you didn't get in!



Step 9—pack your things, you're going to grad school!

- Enjoy your last summer of freedom...
- ...and then enjoy your time in grad school!
 - Keep on top of deadlines and work hard, but also maintain a healthy work-life balance!



Resources

Graduate School Applications

- <https://nobaproject.com/blog/2019-09-05-applying-to-graduate-programs-in-clinical-psychology-nbsp-a-guide-for-prospective-students-advisors-and-faculty-part-i>
- <https://cpa.ca/docs/File/Students/Applying%20to%20Grad%20School%20CPA%202013.pdf>

GRE Studying

- Magoosh: Online and apps
- Books: e.g., Kaplan, Manhattan Prep, ETS
- ETS website: practice tests (for both general and psychology specific tests)

Resources

- Google your questions—read lots of resources.
- Give us your email address and we'll send you these slides and additional information.
- Join the psychology mentorship program to be paired with a graduate student!