

Scholars Committed to Opportunities in Psychological Education: Program Overviews Workshop

This worksheet will help you decide which type of graduate program is right for you.

Reflect: Please write down some reflections on your interests and ideal workplace environment and schedule.

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Match: After you have finished reflecting, write down which types of programs line up with your interests and ideal workplace environment and schedule (e.g., Clinical vs. Counseling, School versus HDFS).

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Pros of Programs: Please describe some pros of Masters, PhD, and PsyD programs.

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Cons of Programs: Please describe some cons of Masters, PhD, and PsyD programs.

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Decision: After considering your interests, ideal workplace environment and schedule, and weighing the pros and cons, which type of program seems like the right fit for you? (e.g., PhD vs. MS)

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This worksheet will guide you through the development of a potential research project.

Research Topic: Please write down some research topics that interest you.

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Research Need: Please describe why it might be important to conduct research related to those topics.

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Research Design: Please pick two or three research topics and develop several related research questions.

• Research Topic 1:

- Research Question 1:
- Research Question 2:
- Research Question 3:

• Research Topic 2:

- Research Question 1:
- Research Question 2:
- Research Question 3:

• Research Topic 3:

- Research Question 1:
- Research Question 2:

Scholars Committed to Opportunities in Psychological Education: Curriculum Vitae Workshop

This worksheet will help prepare you to create your curriculum vita (CV). Please write as much information on each topic as you can remember.

Education: Please list all institutions you have attended. These can include colleges, universities, language or technical institutes, or schools attended from study abroad programs. Do not include high school.

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Professional Affiliations: Please list all psychological or academic organizations you belong to. Common ones include the American Psychological Association, Association for Psychological Science and Psi Chi. If you hold a position or are a reviewer for any of the associations, please list that here.

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Honors and Awards: Please list all honors and awards you have received beginning your freshmen year of college. These can include merit scholarships, grants, special recognitions or certificates, writing competitions, etc.

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Service and Outreach: Please list all volunteer or paid work that involves psychology.

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Teaching Experience: Please list all of your volunteer or paid work that involves teaching. These can include tutoring, being a TA at a college or university, or leading workshops.

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Research Experience: Please list all of your volunteer or paid work that involves research. These can include being a research assistant at a college/university or research institute, participating in a lab, running an experiment or study for an undergraduate class, or completing an undergraduate thesis.

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This worksheet will help prepare you to create your curriculum vita (CV). Please write as much information on each topic as you can remember.

Additional Experience: Please include any additional jobs or experience you have that do not fit within any other categories.

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Extracurricular Activities: Please list your hobbies and non-academic activities. Include interests such as musical ability, sports, travel, club memberships, etc.

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Technical Skills: Please list your technical skills. Include software programs you are proficient in such as statistical and research software and Microsoft Office.

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Language Skills: Please list your proficiency in languages other than English.

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References: The reference section is optional. Many people say “references available upon request” in this section. However, think of a few supervisors or mentors that would be able to provide a glowing recommendation.

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Notes:

Scholars Committed to Opportunities in Psychological Education: Personal Statement Workshop

This worksheet will help prepare you to create your personal statement. Please respond to the questions below about your experiences.

Tell your story: Reflect on your personal experiences. Describe some situations that have prepared you for a graduate career in psychology. Remember to describe these experiences in a narrative format.

Tell your story: Explain how you became interested in a particular field of research or a clinical population.

Major Accomplishments: Fully describe your major accomplishments in the field of psychology. Try to relate them to the graduate programs in which you are interested. Additionally, discuss the skills you learned while you were working towards these accomplishments.

- Accomplishment 1:
 - Relationship to graduate program:
 - Skills learned:
- Accomplishment 2:
 - Relationship to graduate program:
 - Skills learned:
- Accomplishment 3:
 - Relationship to graduate program:
 - Skills learned:

Scholars Committed to Opportunities in Psychological Education: Personal Statement Workshop

This worksheet will help prepare you to create your personal statement. Please respond to the questions below about your experiences.

One-of-a-kind Candidate: Describe some of your personality traits that set you apart from other candidates. Explain how these traits will make you an ideal candidate for a graduate program in psychology.

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One-of-a-kind Candidate: Describe some of your research/clinical interests that set you apart from other candidates. Explain how these interests will impact the field of psychology.

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Career Goals: Describe your ideal career. Discuss your long-term research interests, the populations you are interested in researching/working with, research ideas, or types of clinical interventions you would like to implement.

Career Goals: Discuss how the program will prepare you for your desired career.

Professors: Name some professors you would like to work with and why. Discuss similarities in your research interests.

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Below are some common questions that faculty advisors ask during phone or on-campus interviews. Please use the space below to write about what you would say.

What are your strengths and weaknesses as a student? (Think of 3 strengths and 3 areas for growth).

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What sets you apart from other applicants?

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How has your undergraduate background prepared you for our program?

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Why did you decide to apply to this program? How does it fit with your career goals and research interests? (Have at least 3 reasons you like a program for each program).

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Tell me about a research project you have worked on. (Ideally this will be in a faculty member's lab).

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Tell me about a professor, supervisor, or group of students you did not work well with and why/how you resolved things.

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How does your background (e.g., family, racial/ethnic, cultural, socioeconomic) contribute to your decision to attend graduate school?

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What do you do for fun? (i.e., How do your hobbies, extracurricular activities, and interests align with your clinical or research interests?).

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Below are some common questions that faculty advisors ask during phone or on-campus interviews. Please use the space below to write about what you would say.

Where do you see yourself in 10 years? What do you hope to accomplish during your time in graduate school (aka the next 5 years)?

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Tell me about a major accomplishment and how you achieved it. What were the roadblocks along the way, and how did you overcome them?

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Tell me about a mistake you made in an academic or professional setting and how you handled it.

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What do you think are the major trends in your intended career field now?

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Tell me about yourself. (Usually you want to highlight your background as it relates to your career interests and drive to attend graduate school, not just tell them facts about you).

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Tell me about how you manage your time when you have a lot on your plate.

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Below, write a few questions that you would ask a faculty member. Questions can be about the program, their field of research, a particular article they wrote, or life in the city they live in.

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