

GETTING READY TO APPLY TO GRADUATE SCHOOL

Natasha & Adina

WHO ARE WE?

Psychology Undergraduate Mentorship Program (PUMP)

- PUMP is a graduate student organization designed to provide mentorship to undergraduate students interested in graduate studies in Psychology. Please find more information about this program at our website:
- <https://pumpyork.wixsite.com/pumpyork>
- <https://psyc.info.yorku.ca/undergraduate-program/student-success/upsa/>

TONIGHT'S AGENDA

1. Application Timelines
2. Gaining Research & Volunteer Experience
3. Choosing the Right Program
4. Contacting Supervisors
5. Taking the GRE
6. Question and Answer Period/Panel

POLL: WHAT YEAR ARE YOU IN?

A) 1ST YEAR

B) 2ND YEAR

C) 3RD YEAR

D) 4TH YEAR

E) 5TH YEAR

POLL: ARE YOU APPLYING TO A
GRADUATE SCHOOL IN PSYCHOLOGY?

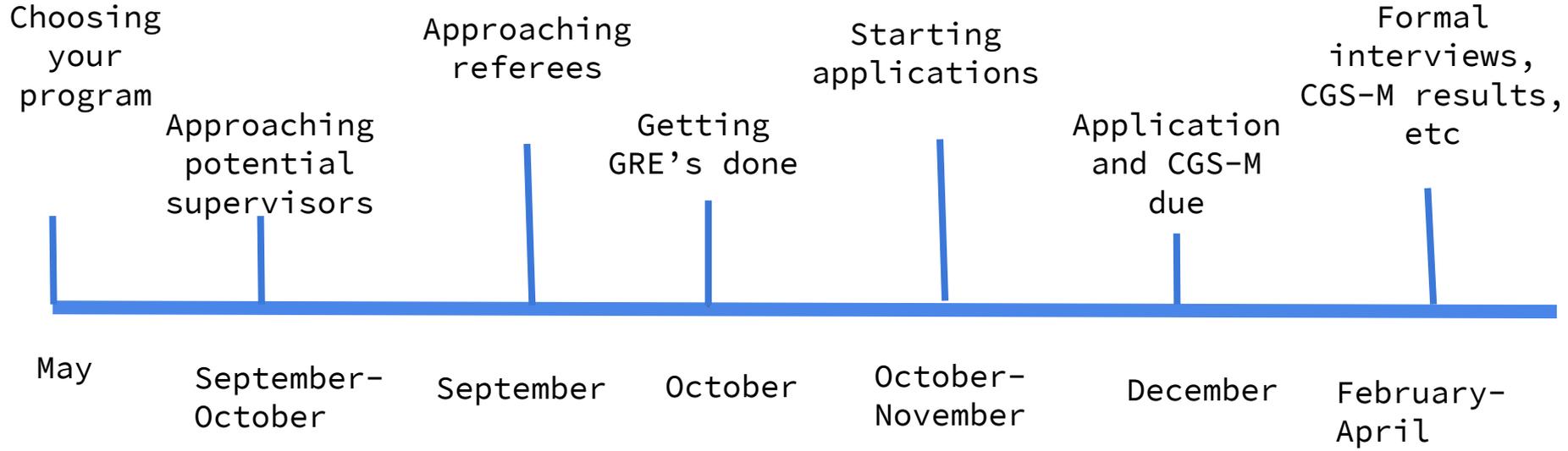
A) YES, THIS YEAR

B) YES, BUT NOT THIS YEAR

C) NO, JUST CURIOUS RIGHT NOW

APPLICATION TIMELINE

APPLICATION TIMELINE



APPLICATION TIMELINES

- Application deadlines for school
 - York's Psychology program deadline: December 15th, 2020

- Funding deadlines:
 - CGS-M Deadline: December 1st, 2020
 - OGS Deadline: December 1st, 2020

TYPES OF DEGREES IN PSYCHOLOGY

- Experimental PhD (social, developmental, cognitive, etc.)
- Clinical PhD (child stream, adult stream, or both)
- PsyD (Doctor of Psychology- focuses more on clinical aspect of psychology)
- Social work, counselling
- Other (industrial/organizational, quantitative, history & theory, etc.)
- If interested in clinical, make sure the program is **accredited** by APA or CPA:
 - CPA accredited (30)
<http://www.cpa.ca/accreditation/CPAaccreditedprograms>
 - APA accredited (240)
<http://www.apa.org/ed/accreditation/programs/index.aspx>

FIND SCHOOLS & SUPERVISORS

- What type of degree do you want to do?
- Which schools offer this?
- Research supervisors whose research aligns with your interests
- Make a list of who you will apply to

ORGANIZE YOURSELF

- EXCEL is your best friend!
- Create multiple sheets for:
 - Information on different graduate programs
 - Referees
 - Potential supervisors
 - How many reference letters each school requires
 - What kind of personal statement the school requires
 - Funding information for each school



ORGANIZE YOURSELF

University	Degree	Potential Advisors	Documents	Deadline & Fee	Reference Letters - #, how to submit	Tests	Notes
York U	Clinical Psychology	Dr. Rosenbaum _____	1) Personal Statement 2) CV 3) Online Forms	Dec. 15, \$ <u>150</u>	<ul style="list-style-type: none">• 2• Submit online	<ul style="list-style-type: none">• GRE General• Psychology GRE	

ORGANIZE YOURSELF

Referee	Universities	Earliest Deadline	Initial Ask	Made Package
Dr. Rosenbaum	York University	Dec. 1	August 15 th	October 1 st
Dr. Keough	University of Manitoba	Dec. 1		

GAINING RESEARCH
& VOLUNTEER
EXPERIENCE

GAINING RESEARCH AND VOLUNTEER EXPERIENCE

- One of the most important points on your graduate school application is your laboratory research experience
- But if you've never volunteered or worked in a lab before, how do you get involved in research??

GAINING RESEARCH AND VOLUNTEER EXPERIENCE

- Look up different labs that are researching areas of the field that you are interested in and see if their research seems like work you'd like to contribute to
- Check out their lab website to see how you can get involved - this may mean emailing the PI of the lab, the lab manager, or a graduate student
- Ask your TA's about their research and if there is an opportunity to get involved in their lab!

GAINING RESEARCH AND VOLUNTEER EXPERIENCE

- The email that you send to a potential lab should include:
 - An introduction about yourself (your university, what your major is, what year you're in, etc.)
 - Explain why you're interested in the lab's current research and how you'd like to contribute to their studies
 - Any previous research experience (if you have)
 - Related courses you're taking that are associated with their research
 - Include your CV and unofficial transcript

GAINING RESEARCH AND VOLUNTEER EXPERIENCE

Hello Dr. Rosenbaum,

My name is Jane Doe and I am in my **second year here at York pursuing a B.Sc. (Hons.) in Psychology**. Throughout my studies and experiences thus far, I have become **interested in cognitive neuroscience, brain, and behavioural sciences**. I chose to **take courses like Biological Basis of Behaviour** in addition to biology and chemistry courses because I am passionate about learning how neural functions on the scientific level translate to human behaviour. I was recently reading about the work done at your lab and **became extremely interested in your research**. I understand that **your research focuses on brain and behaviour-based rehabilitation with data leading to guide assessment and treatment methods**. This area of research, which you termed cognitive rehabilitation neuroscience, especially intrigues me. This, combined with my interest in the field of neuroscience, is why I am drawn to translational research which specifically focuses on healing people with brain injuries. **I am currently fortunate enough to be doing research at Baycrest Hospital in a Cognitive Neuroscience and Memory Lab** where I am assisting a Ph.D. student in a study that also focuses on cognitive rehabilitation.

I would appreciate the opportunity to get involved with research here at York. I wanted to inquire **if perhaps you are taking any undergraduate students/volunteers in your lab** at this time or in the near future. If so, I would greatly value the opportunity to participate in your research and gain a better understanding of how experimentation is carried out in the field of Psychology. I have **attached a copy of my CV and my unofficial transcript** to date. Please let me know if there is anything else you need from me. I look forward to hearing from you.

All the best,

GAINING RESEARCH AND VOLUNTEER EXPERIENCE

- If you can't find a lab at York that you're interested in/is currently taking students, check out other research centers!
- E.g., University of Toronto, Ryerson University, different hospitals in the GTA such as Mount Sinai Hospital, Holland Bloorview, Rotman Research Institute etc.

CHOOSING THE RIGHT PROGRAM

POLL: WHAT PROGRAM IN PSYCHOLOGY ARE YOU INTERESTED IN APPLYING TO?

A) CLINICAL PSYCHOLOGY

B) RESEARCH IN PSYCHOLOGY (E.G., SOCIAL, NEUROSCIENCE, PERSONALITY ETC.)

C) SOCIAL WORK

D) COUNSELLING AND PSYCHOTHERAPY

E) NEUROPSYCHOLOGY

F) DEVELOPMENTAL (CHILD) PSYCHOLOGY

G) NOT SURE YET

CHOOSING THE RIGHT PROGRAM

- There are a host of programs that fall under the umbrella of psychology graduate programs (e.g., clinical psychology, social psychology, neuroscience etc.)
- Therefore, it's very important to look into each program to determine if it's a good fit for you!
- In addition to your interest in the field, take into account: location, tuition, length of program etc.

CHOOSING THE RIGHT PROGRAM: EXAMPLE

- Clinical Psychology at York University (MA/PhD)
- Program focus: Engaging in clinically-relevant research in psychotherapy process and outcomes, neuropsychology, health psychology and personality.
- Location: Toronto, ON
- Tuition: Depends on funding, roughly \$1800/semester
- 2 year MA, 4 year PhD, 1 year internship (=7 years total)

Resource: <https://psychology.gradstudies.yorku.ca/areas-of-specialization/clinical/>

CHOOSING THE RIGHT PROGRAM: EXAMPLE

- Social, Personality and Developmental Psychology at Western University (MSc/PhD)
- Program focus: Research training concentrates on the psychological theories, principles, and research methods relevant to understanding developmental processes, individual differences and the behaviour of individuals and groups in social contexts
- Location: London, ON
- Tuition: Depends on funding, **MSc:** \$25,874 CDN/year for domestic students and \$36,874 CDN/year for international; **PhD:** \$26,874 CDN per year for domestic and \$26,428 for international, both groups pay domestic tuition
- 2 year MSc, 3 year PhD (or 6 terms of full time study), =5 years total

Resource: https://psychology.uwo.ca/graduate/program_information/spdp_program_requirements.html

CHOOSING THE RIGHT PROGRAM: EXAMPLE

- Neuroscience Graduate Program at McMaster University
- Program focus: Covers a spectrum of neuroscience: cellular and molecular; clinical and health; cognitive; computational; neurotech; and systems and behavioural.
- Location: Hamilton, ON
- Tuition: Depends on funding, roughly \$2,102.40 per term for full time students
- 1 year Master's, 4 year PhD, = 5 years total

Resource: <http://www.neurosciencemcmaster.ca/>

CONTACTING SUPERVISORS

CONTACTING A SUPERVISOR

- Many programs involve direct supervisor/supervisee relationships
- Check on each program's website to see which faculty member's are taking on a student during the year you are applying
- Once you have determined who you would like to work with, we recommend emailing that faculty member to introduce yourself and express how you are interested in their research

APPROACHING POTENTIAL SUPERVISORS

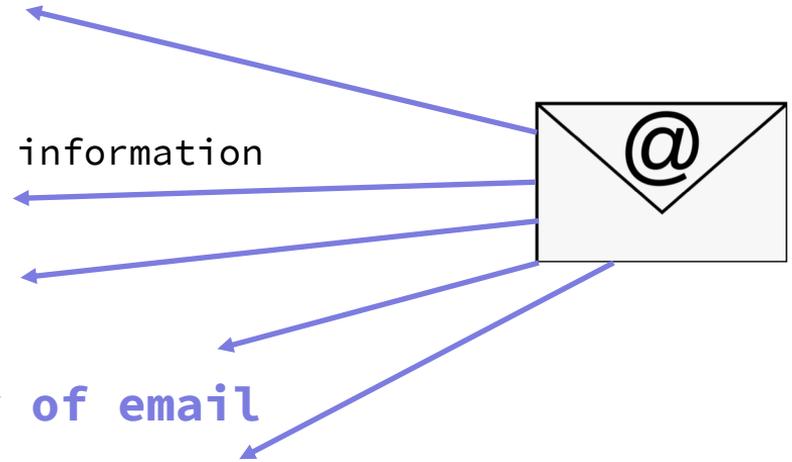
- Suggest sending these ‘feeler’ emails out around September–November, start sending out ‘feeler’ emails
- These emails will help determine if they are in fact taking students (some sites are not updated), as well as whether they would like to meet before applications are in
- This will also help put you as a potential candidate on their radar



EMAIL TO POTENTIAL SUPERVISORS

What to include in your email

- **Main body of email**
 - Introduce yourself
 - Offer to meet, include contact information
- **CV**
- **Unofficial transcript(s)**
- **Cover letter OR add to body of email**
- **GRE scores (if completed already)**



BODY OF EMAIL

- MAKE **VERY** BRIEF (unless you are adding your experience here)
- State your name, year of study (i.e., fourth year), and school you are currently at
- Want to say that you are interested in the program of choice at the school they work at
- One/two lines about your interests in their research (e.g., specific facet of their research and maybe how it relates to your current work)
- Offer to meet with them, but be clear you understand if they're too busy or if it's not possible

EXAMPLE EMAIL

If you have experience relating to their research, mention it in your email!

→Hello Dr. Katz,

→I am a **fourth year student** at the **University of Ottawa** in **psychology**. I'm going to be applying to the **clinical psychology program** at **York University** in the coming months **to begin in September 2021**. Before I begin my application, I would just like to inquire as to **your availability as supervisor** for the coming year. I've read several of **your papers** regarding **chronic pain and related treatment**, and have found that **your research interests align with my own** fairly well. In fact, being a **scribe in the emergency department**, I am fairly **familiar** not only with patients who experience chronic pain, but also with the the various ways that this pain can be presented as well as handled by the health care staff.

→I understand that most professors will not meet or consider applicants prior to the application deadline; however, for your interest I have attached PDFs of my **CV, GRE scores, and transcripts**. I have also attached a **personal cover letter**, which goes into detail regarding **my related interests and experience with your research**.

→Thank you very much and have a fantastic weekend!

POLL:

WHAT IS THE BEST (SENTENCE?) WAY TO EXPLAIN YOUR RESEARCH (REWORK THIS):

- A) "I LIKE ..."
- B) "MY PASSION FOR RESEARCH REVOLVES AROUND ..."
- C) "I FIND THE INTERACTION BETWEEN ... AND ... TRULY FASCINATING"
- D) "I WANT TO BE THE PRINCIPLE INVESTIGATOR IN ... FIELD"

UNOFFICIAL TRANSCRIPT

- Can download this from York Website - available in PDF format because of COVID
 - Go to: yorku.ca > Current Students > Registrar's Office > Order a Transcript > 2B in COVID Section
 - Resource: <https://registrar.yorku.ca/transcripts>



(b) Unofficial **personalized version** – A copy of your personalized transcript will be sent to the email listed on their student account to check this [click here](#). To submit your request, fill out the **Unofficial Transcript Request - Fall 2020-21** form.

- It may take up to **10 business days** to process your request.
- Starting October 1, 2020 students who had previously ordered an unofficial transcript may now submit one for Fall/Winter 2020-21 (please note: once you have requested an unofficial transcript for Fall/Winter 2020-21, the next time you will be able to order is February 2021).

UNOFFICIAL TRANSCRIPT

- If you have other undergraduate marks from other schools make sure to attach these as well
- Make sure it is not password protected
- Attach this screenshot to your email
- They want to see your undergraduate marks (or any other post-secondary marks)

CV

- Make sure this is clear and in depth
- CV
- Resources: Career Centre at York, Career Foundations
- CCV
 - <https://ccv-cvc.ca/loginresearcher-eng.frm>
 - <https://www.youtube.com/watch?v=T40GkRx4zhw>
- Ensure all of your outlined information has an associated year or year-span

CV SECTIONS

1. Name & contact Information
1. Education background (previous degrees) & current level of study
2. Research & laboratory experience (and brief descriptions)
3. Thesis/publications, working papers, conference/poster presentations, and workshops
4. Scholarships/academic awards, other awards, honours & distinctions you have received
5. Professional and employment experience
6. Volunteer work/community service, university involvement
7. Additional skills, certifications, languages (only if you speak more than one language)

CV RESEARCH AND EMPLOYMENT HISTORY

- Make your history relevant to what/who you're applying
- SELL YOURSELF!

Ex: Working as a cashier/sales

→“Handled money regularly, stocked shelves, spoke with customers, assisted customers with their needs, operated fryer”

VERSUS

→“Completed transactions for customers while providing customer service through friendly interactions, ensured the safety of myself and other employees while operating machinery, maintained professionalism while providing efficient and effective service.”

COVER LETTER/LETTER OF INTEREST

Want to highlight your research and applicable background (or any other relevant information like your volunteer experience) and how that:

- a. Relates to their research and lab, etc.
- b. Influences your interest in their research
- c. Any other avenue or ideas you would have for their research
(want to indicate or show what you could add to their lab)

TAKING THE GRE

THE GRE

→ www.ets.org

- Standardized test used for many graduate and business schools
- A general and a subject test (Psychology)
- **IMPORTANT:** Make sure the program you're applying to **actually** requires it
 - Only clinical programs require the subject test, and social work & counseling don't need general GRE
- Good to get these done early in case you need to rewrite them
- **NEED** to be done by (approximately) November 15th if applying for Dec 1st
- Check admission requirements and statistics for ideal scores

TAKING THE GRE



- Two GRE's: General GRE and the Psychology GRE
- Can take the general GRE on multiple dates throughout the year
- Psychology GRE is offered only 3 times a year, in September, October and April
- This year the Psychology GRE dates were: September 12, 2020, October 17, 2020, and April 10, 2021
- Register for the Psychology GRE well in advance - e.g., register for the September option during the summer

THE GENERAL GRE

What is it?

- Comprised of 3 components
 - Analytical
 - Verbal
 - Quantitative
- Written on a computer
- With COVID, can be written at home or at a test center
- **Due to COVID, it's not required this year if you're applying to York!**

The screenshot shows the ETS GRE website homepage. At the top, there is a navigation bar with the ETS GRE logo, links for 'Store' and 'Contact Us', and a search bar. Below the navigation bar, there is a breadcrumb trail 'ETS Home > GRE Home' and an 'ETS Account' link. The main content area features a large banner with a woman looking up. The banner text reads: 'The GRE® General Test Keeps Your Dream on Track'. Below this, it says: 'The choice is yours. Test at a center or at home — wherever you will feel most comfortable, so you can do your best. Begin your registration to explore your options, or learn more about at home testing.' There are two buttons: 'Register Now' and 'At Home Testing'. To the right, there is a yellow notification box that says 'Important Updates' and 'ETS Testing Updates Due to COVID-19'. Below the banner, there are two buttons: 'For Test Takers' and 'For Institutions'. At the bottom, there is a section titled 'More opportunities for success!' with text: 'Education pays off with higher earnings and lower unemployment rates. Whether you are considering graduate, business or law school or still deciding what to do, take the one test accepted by thousands of schools worldwide. Start with the test that lets you show schools your best — the GRE® General Test.' There is a 'Help' button in the bottom right corner.

THE GENERAL GRE

ANALYTICAL SECTION

- Essay writing section
- Measures critical thinking and analytical writing skills, including the ability to articulate and support complex ideas with relevant reasons and examples, and examine claims and accompanying evidence
- There is an emphasis on analytical writing skills

VERBAL SECTION

- Measures the ability to analyze and draw conclusions from text, reason from incomplete data, summarize text, understand the meanings of words, sentences and entire texts, and understand relationships among words and among concepts.
- There is an emphasis on complex verbal reasoning skills

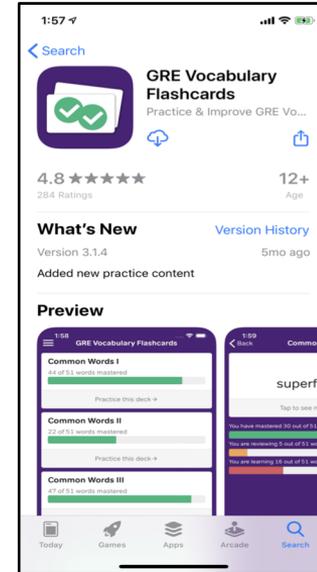
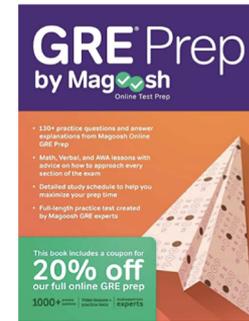
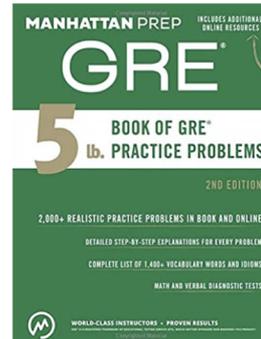
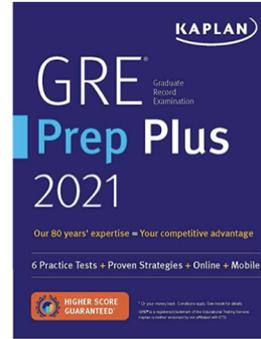
QUANTITATIVE SECTION

- Math sections
- Measures the ability to understand, interpret and analyze quantitative information, solve problems using mathematical models, and apply the basic concepts of arithmetic, algebra, geometry and data analysis
- There is an emphasis on quantitative reasoning skills

Resource: <https://www.ets.org/gre/revise/general/about>

MATERIALS

- Check the Psychology Resource Centre at York for materials!
- Can get materials via Amazon or many local bookstores/campus bookstores
- Use the MOST UPDATED versions/editions of these materials



THE PSYCHOLOGY GRE

What is it?

- Comprised of ~205 multiple-choice questions
- Questions surrounding:
 - Biological/Sensation/Perception
 - Cognitive/Neuro
 - Social
 - Developmental
 - Clinical
 - Measurement/Methodology/Other

Psychology Test

General Test

Subject Tests

About the Tests

- Test Content and Structure ▼
- Biology
- Chemistry
- Literature in English
- Mathematics
- Physics
- ▶ Psychology
- ScoreSelect Option
- Test Fairness and Validity
- Fees ▼
- Bulletin and Forms
- Tools for Success ▼

Registration, Test Centers and Dates

Prepare for a Test

On Test Day

Scores

Overview

- The test consists of approximately 205 multiple-choice questions. Each question in the test has five options from which the test taker is to select the one option that is the correct or best answer to the question.
- Some of the stimulus materials, such as a description of an experiment or a graph, may serve as the basis for several questions.
- The questions in the Psychology Test are drawn from the core of knowledge most commonly encountered in courses offered at the undergraduate level within the broadly defined field of psychology.
- A question may require recalling factual information, analyzing relationships, applying principles, drawing conclusions from data and/or evaluating a research design.
- All GRE® Psychology Test editions given at Subject Test administrations adhere to the terminology, criteria and classifications referred to in the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*.

Scoring

For Psychology Test editions taken during or after September 2017, your test will yield six subscores in addition to the total score:

- I. Biological
- II. Cognitive
- III. Social
- IV. Developmental
- V. Clinical
- VI. Measurement/Methodology/Other

For Psychology Test editions taken prior to September 2017, the two prior subscores (Experimental and Social) will continue to be reported on score reports to test takers and



Ready to take a GRE® Subject Test?
[Register Now](#)

[Send Only Your Best Scores](#)

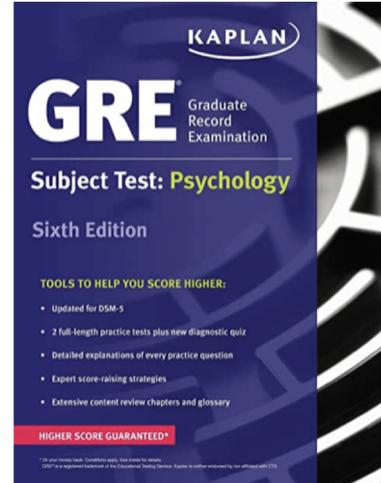
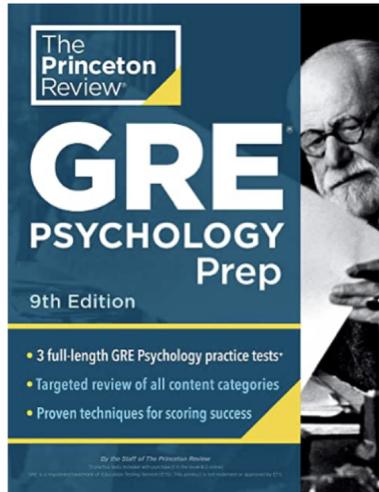
Approach test day with more confidence, knowing you can send the scores that show your personal best — only with the ScoreSelect® option.

[Official Test Prep from ETS](#)

Nobody knows our tests better than we do. We offer free practice tests and tips to help you prepare for your GRE Subject Test. Check them out today.

MATERIALS

- Use the MOST UPDATED version/edition of materials you purchase



PRESENTER'S EXPERIENCES

ADINA

- Undergraduate at York University in the Honours Psychology Program, Bachelors of Science
- Graduated 2019, started MA1 in 2019 in the adult clinical neuropsychology stream
- Worked between **three** labs during undergraduate years
- GRE experiences

NATASHA

- Undergraduate at McMaster University in the Honours Psychology, Neuroscience and Behaviour Program
- Graduated 2019, started MA1 in 2019 in the neuropsychology stream
- Worked in **one** lab at St. Joseph's for two years (and two summers)
- GRE experiences

POSSIBLE RESOURCES

- Speak to people in your program of interest, professors, people who have completed the program
- **Speak to your TA's!** They've gone through the application process and provide you with valuable resources and advice
- LinkedIn; email and talk to or meet with people who are in your area of interest
- <https://pumpyork.wixsite.com/pumpyork/resources>



TIME FOR QUESTIONS

NEXT WORKSHOP:

NOVEMBER 12TH, 2020
6 P.M. - 8 P.M.

TOPICS COVERED:

1. Applying to Tri-Council Awards & Writing Proposals
 2. Asking for References
 3. CVs and Transcripts
 4. Answering related questions
-

DON'T FORGET TO
FILL OUT THE
EMAILED FORM
ABOUT THIS
WORKSHOP!