PUMP WORKSHOP SERIES
PART 1: IS GRADUATE SCHOOL FOR ME?

OCTOBER 27, 2020

An event by PUMP
Psychology Undergraduate Mentorship Program
WHO ARE WE?

Psychology Undergraduate Mentorship Program (PUMP)

→ https://pumpyork.wixsite.com/pumpyork
TODAY’S SPEAKERS

- Alyssia Wilson (PUMP committee; workshop point person)
  - MA student | Clinical Developmental Psychology | Neuropsychology stream

- Claire Minister (PUMP committee; workshop coordinator)
  - MA student | Clinical Health Psychology | Adult stream
PLEASE NOTE: For all accreditation information, please refer to professional colleges for most up-to-date information.
TONIGHT’S AGENDA

- Is Grad school for me?
- Grad School Degree Path
- Funding in grad school
- Day in the life of a psych grad student
- Careers in psychology and counselling
- Q&A
IS GRAD SCHOOL FOR ME?
WHAT IS GRADUATE SCHOOL IN PSYCHOLOGY?

- Advanced training in a specific area of psychology (or counselling)
- Typical time: 4 to 7 years (1-2 years for an MA degree; 3-5 years for a PhD degree)
- Develop advanced understanding and skillset of discipline of focus & disciplined career preparation
WHAT ARE YOUR GOALS?

Why do you want to go to graduate school?

- Try to think beyond “this is the degree I need to practice”
- Think about the journey and the entire experience
Bad reasons to go to grad school:

1) You just want to help people
2) You can’t find a job
3) It’s the “next logical step”
4) Vision of Riches
5) You want to understand yourself

https://www.apa.org/gradpsych/2012/11/right-path
Do you have a **burning research question** or **career goal** that can be addressed **only** by a doctorate in psychology? If so, that's a great reason to sign up for grad school!

https://www.apa.org/gradpsych/2012/11/right-path
IS IT FOR ME?

- You get to work closely with faculty
- There is less structure (this can be a good or bad!)
- Depending on your program, you juggle classes, research, clinical practicum, committee involvement and MORE!
- Lots of work (but it’s really interesting work!)
- Lots of presenting (but presenting fears can be overcome!)
PSYCHOLOGY GRADUATE DEGREE PATH
Becoming a Psychologist

Doctorate Degree (4 to 7 Years)

Bachelor’s Degree (4 Years)

Training & Licensing (1 to 2 Years)

Master’s Degree (2 to 3 Years)
MASTER’S DEGREE (2-3 YRS) (MA/MSc/MEd)

→ Supervisor as your “point person”

1. Courses (~2-4 per term): Statistics/research design & courses within student’s field of specialization
   - Often seminar style
   - Evaluation: course papers & oral presentation > examination

2. Project/Thesis (overseen by supervisor)

3. May be a practicum requirement (e.g. therapy/assessment)
DOCTORAL DEGREE

Generally considered entry-level degree in psychology

- Two options:
  - Doctor of Philosophy (PhD) in Psychology
  - Doctor of Psychology (PsyD)
What does it consist of?

- More courses (and more practicums for clinical)
- Project in a different topic area
- Doctoral thesis ("dissertation")
- Oral Defense
- Clinical: complete qualifying exams (3rd year) and 1 year of internship
DOCTOR OF PSYCHOLOGY (Psy.D) (4-6 yrs)

- Offered in the US (and now in some parts of Canada)
- “professional program”: greater emphasis on clinical work
- Structured courses, considerable practical experience (less emphasis on research training)
- Keep in mind:
  - Larger class size (e.g. 100 students vs 10)
  - Difficult to get funding
  - Less availability of CPA/APA accredited programs
# Psychology Graduate Degrees

<table>
<thead>
<tr>
<th>MA/MSc/Med</th>
<th>Doctor of Philosophy (PhD)</th>
<th>Doctor of Psychology (PsyD)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time (years)</strong></td>
<td>~2-3</td>
<td>~5-7 (usually + masters)</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Research</td>
<td>Research training (plus clinical training if clinical)</td>
</tr>
<tr>
<td></td>
<td>• Course work&lt;br&gt; • Completion/defense of a thesis or other major research project</td>
<td>• Course work, completion of comprehensive exams &amp; defense of a dissertation (&amp; clinical internship if clinical)</td>
</tr>
<tr>
<td><strong>Size</strong></td>
<td>Small (~10)</td>
<td>Small (~10)</td>
</tr>
<tr>
<td><strong>If Clinical focus...</strong></td>
<td>May be eligible to practice clinically (depends on province)</td>
<td>Better clinical internships available&lt;br&gt; Eligible to practice clinically&lt;br&gt; More widely accepted than PsyD</td>
</tr>
</tbody>
</table>
**DISCIPLINES 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)
- Other (industrial/organizational, quantitative, history & theory, etc.)
- (counselling degrees): Social work, counselling

....more on this to come!
PREPARATION IS THE KEY
HOW DO I PREPARE FOR GRAD SCHOOL?

- Good grades (especially in your last two years of school!)
- Research experience:
  - Honours thesis/ independent research study
  - Work/Volunteer in a lab
- Extra-curricular activities (York clubs, committees, etc.)
- Good references (get to know profs!)
- If counselling degree, get clinical experience

Upcoming PUMP workshop
(part 2 November 2nd)

https://psych.info.yorku.ca/research/research-opportunities/
WHAT DOES APPLYING TO GRAD SCHOOL ENTAIL?

Start prepping the year before you wish to attend graduate school.

- Standardized tests (2 Graduate Entrance Exams (GRES))
- 2-3 references
- Statement of interest
- Transcripts
- Scholarship/funding applications

….all of this will be covered in our upcoming workshops (PUMP Workshop Part 3, November 12th)! Just keep in mind that you will want to start early!
HOW COMPETITIVE IS IT?

VERY! (though program dependent)

…..but, don’t let that deter you.

Do your research, prepare in advance, lay the groundwork for success. It’s a marathon not a race!
FAQ: PREPARING FOR & APPLYING TO GRAD SCHOOL
What do I do if my grades aren’t high enough to get into grad school?

Re-take courses, or complete additional courses. Most schools look at your last 20 half-courses (3-credit courses). The higher your GPA is the better. However, people have gotten in with lower GPAs, so long as their GPA meets the school’s minimum requirement.

Make a very strong personal statement and have very strong reference letters. Having a lot of great experience and great GRE scores really helps here too!
If I don’t get in, should I reapply?
Yes! Most students (in clinical at least) don’t get in their first round- but take it as a learning experience and improve your application.

How much clinical/research experience do I need for Clinical Psychology?
It differs between supervisors. In general, quality is more important than quantity- resume padding by working in lots of labs with little work is not recommended!

Do I need to complete a thesis?
This differs from school to school (you can find their requirements), but generally a thesis or equivalent (independent study) is necessary.
How do I establish relationships with professors?

Find professors that interest you, and email them asking to meet! Indicate your interests, and see if you can take up a role in their lab, research, etc. If you currently know any professors, using them for networking is a great idea.

Do I need to have a publication?

No; they’re helpful, but not required.
CAN I AFFORD IT???

Being a Psychology Graduate student (Ma/PhD) is not like being an undergraduate!

Unlike med school, law school, dentistry......we get paid!
FUNDING

Internal
- By the university

External
- Federal funding; (CGS-Master’s)
- OGS (Provincial funding- Ontario)
- Other: e.g. Alzheimer’s Society, MS Society, Ontario Women’s Health…
DAILY LIFE AS A GRAD STUDENT

What my friends think I do.

What my parent think I do.

What society thinks I do.

What my professors think I do.

What I never do.

What I actually do.
A CAREER IN PSYCHOLOGY
WHAT DO PSYCHOLOGISTS DO?

- 5 employment categories:
  - Research
  - Teaching (e.g. university professor)
  - Service provision (e.g. psychotherapy, assessments, student counselling)
  - Administration (e.g. in an academic setting)
  - Consulting
DISCIPLINES OF PSYCHOLOGY

- Brain and Cognitive Sciences
- Clinical Psychology
- Developmental Psychology
- Engineering Psychology
- Forensic Psychology
- Counselling Psychology
- Educational Psychology
- Experimental Psychology
- Health Psychology
- Industrial/Organizational Psychology
- Neuropsychology
- School Psychology
- Sport Psychology
- Social Psychology
- Psycholinguistics
- Quantitative Methods Psychology
WHEN NARROWING IT DOWN…

• Choose a program that:
  • Offers the level of education you want (master's, doctorate)
  • Offers coursework and training to prepare you to do what you want to do (individual, family, group therapy; testing; working with adults, children, etc.)
Forensic Psychologists may:

- Conduct clinical work in corrections settings
- Act as consultants to trial lawyers
- Serve as expert witnesses in jury trials
- Formulate public policy on psychology and the law

Some forensic psychologists have PhDs in clinical psychology; others have both PhDs in clinical psychology and JDs in law.
A conflict resolution mediator may work as a:

- workplace conflict mediator
- family law facilitator
- custody mediator
- foreclosure mediation coordinator
- family court mediator
- coordinator of dispute resolution programs

Requires at least a BA degree (in business, public administration, social science, judicial administration), some universities offer specific conflict resolution and mediation degrees.
INDUSTRIAL/ORGANIZATIONAL PSYCHOLOGY

• Concerned with the relationships between people and their work environments.
• may develop new ways to increase workplace productivity or be involved in personnel selection.
• Are employed in business, government agencies, and academic settings.

Requires at least Master’s degree (about ½ have PhDs)
SPORT PSYCHOLOGY

- **Applied sports psychologists**: advise teams, coaches, trainers, and managers in methods of stress-management, and visualization to optimize game performance

- **Clinical sports psychologists**: counsel athletes in personal crisis or addressing performance issues, anxiety, or mental or physical injury rehabilitation

*May have a double-major in psychology and exercise science or pursue clinical psychology with a sports psychology concentration*
HEALTH PSYCHOLOGY

- Health psychologists are concerned with psychology's contributions to the promotion and maintenance of good health and the prevention and treatment of illness.
- They may design and conduct programs to help individuals stop smoking, lose weight, manage stress, and stay physically fit.
- They are employed in hospitals, medical schools, rehabilitation centers, public health agencies, academic settings, and private practice.

Typically requires PhD in psychology (or kinesiology; offered at York as diploma)
SCHOOL COUNSELING/PSYCHOLOGY

Guidance Counselors
• Work with children who are gifted or troubled or do routine consultations
• Help with class selection best suited to their career plans, or help children function more effectively with their peers and teachers, deal with family problems, etc.

Have a BA and a one-year acceptable teacher education program.

School Psychologists
• Psycho-educational testing of gifted or troubled children
• Work with teachers to develop interventions for children
  • academic, emotional, and behavioral interventions
• Some provide individual and group counseling

Have a master's (MA, M. Ed, MSc) or doctoral (PhD, EdD, PsyD)
EXPERIMENTAL/OTHER

- Social and Personality psychology
- Historical theory
- Brain Behavior and Cognitive Sciences
- Developmental Science
- Quantitative methods
- Comparative cognition and animal behaviour
  ....and many more!
- **Clinical social workers** are trained to diagnose and treat psychological problems.
  - provide services to individuals, families, and small groups.
  - work in mental health centers, counseling centers, sheltered workshops, hospitals, and schools.
- **Psychiatric social workers** typically work as members of a psychiatric team and work with people facing severe mental health challenges.
- **Note that social workers do not do psychological testing**, so you should consider careers in psychology or education if this is of interest to you.

*Requires a Master’s Degree in social work; typically supplemented with certifications in evidence-based therapeutic treatment*
Clinical psychologists assess and treat people with psychological problems.

- May act as therapists for people who are experiencing normal psychological crises (e.g., grief) or for individuals suffering from chronic psychiatric disorders.
- Or, may work as researchers or academics
- May specialize health, neuropsychology, etc.
- May be generalists or work with specific groups

Clinical psychologists work in academic settings, hospitals, community health centers, or private practice.

Typically requires a PhD in Clinical Psychology (but can vary by Province and State)
COUNSELING PSYCHOLOGY

- Similar to clinical psychologist but focus more on adjustment problems vs severe psychological disorders
- work in academic settings, college counseling centers, community mental health centers, and private practice

In ON, Master’s level to become a licensed counselor through CRPO; typically (in Canada), need a PhD in Counselling Psychology to become a licensed psychologist through CPO
A psychiatrist is a medical doctor (an M.D. or D.O.) who specializes in mental health, including substance use disorders.

Psychiatrists are qualified to assess both the mental and physical aspects of psychological problems.

Can prescribe medication
HOW TO DECIDE WHAT TO GO INTO???

If not sure, you are not alone! **Don’t panic…**

- Pay attention to what you like in your classes
- Get some volunteer experience (labs and other)
- Do research on topic areas and career options: use counselors, books, web, professional organizations, and talk to people!
- Check out the resources on the PUMP website!
WHO PROVIDES COUNSELLING

- Clinical/Counselling Psychologists (PhD or PsyD)
- Counsellors/Psychotherapist (Masters in Counseling Psych)
- Social Workers (MSW: Masters in Social Work)
- Family & Couple’s Counsellor (MA + certificates)
- Family Doctor (MD)
- Psychiatrist (MD)
- Other (e.g. nursing, occupational therapy, family physicians, psychiatrists)
WHO CAN BE A PSYCHOLOGIST?

- You may be able to get licensed as a **registered psychologist** with just an MA in some provinces/US states.
  - In Canada: AB, SK (title difference), NL, NWT, NT, NS, NB
  - **But, take caution** → talk to local psychologists during degree
    [https://cpa.ca/accreditation/PTlicensingrequirements/](https://cpa.ca/accreditation/PTlicensingrequirements/)
  - In the US, certain states allow psychologists to prescribe
ACCREDITATION AND LICENSING:
CLINICAL PSYCH

Accreditation

- 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)

Licensing

- Completing a program does not give you the ability to practice
- You need to be licensed by appropriate regulatory bodies
PART 2: Getting Ready to Apply to Graduate School (November 2\textsuperscript{nd} @ 6 pm)

- Application timelines
- Gaining research
- Volunteer experience,
- Choosing the right program,
- Contacting supervisors
- Taking the GRE

Part 3: Submitting the Graduate School Application (November 12\textsuperscript{th} @ 6 pm)

- applying to tri-council awards
- writing proposals
- asking for references
- writing personal statements
- CV and transcripts,
Many positions require a doctoral degree; this is the minimum requirement in most provinces. Psychologists must be registered/licensed with their Canadian provincial regulatory body. For those outside Canada, consider the professional regulatory body for your country/state. In most provinces/territories, you must pass a written Examination for Professional Practice in Psychology and in some instances, successfully complete oral examinations in jurisprudence and ethics and/or board interviews. You will also need to complete a period of supervised practical experience. Psychology is a diverse discipline. If you wish to specialize in a specific area of psychology, you may need additional training and experience.
Someone who is registered with the College of Registered Psychotherapist of Ontario

To register you must:

- Complete a program from a recognized education and training program
- Complete 500 hours of direct client contact (DCC) hours to become a qualifying member, and a 1000 hours of DCC to become a complete member
- 150 hours of clinical supervision
- A registration exam
- A very thorough and tedious application program, and $$$
PSYCHOTHERAPIST: PROCESS & QUALIFICATIONS

- Someone who is registered with the College of Registered Psychotherapist of Ontario

To register you must:

- Complete a program from a recognized education and training program
- Complete 500 hours of direct client contact (DCC) hours to become a qualifying member, and a 1000 hours of DCC to become a complete member
- 150 hours of clinical supervision
- A registration exam
- A very thorough and tedious application program, and $$$
To call yourself anything other than your given name, requires some sort of registration to an association, college, or certification board.

- College = branch of government, to protect the people (registration is mandatory)
- Association = a group of professionals looking out for professionals (registration is optional)
EXAMPLES OF COLLEGES/ASSOCIATIONS IN ONTARIO

College:
- College of Registered Psychotherapist of Ontario (CRPO)
- College of Psychologists of Ontario (CPO)
- College of Physicians and Surgeons of Ontario (CPSO)
- Ontario College of Social Workers and Social Service Workers (OCSW)

Associations:
- Canadian Association of Marriage and Family Therapy (CAMFT)
- RMFT – Registered Marriage and Family Therapist
- Canadian Counselling and Psychotherapy Association (CCPA)
- Canadian Certified Counsellor (CCC)
As of December 30, 2017, the **controlled act of psychotherapy** has been proclaimed in force, and becomes one of fourteen controlled acts defined in the RHPA. A controlled act is an activity thought to have the potential of posing a risk of serious harm to the client. Restricting the performance of controlled acts to certain regulated professionals who are legally authorized to perform them is the approach to protecting the public set out in the RHPA. As a result, as of December 31, 2019, performance of the controlled act of psychotherapy is restricted to members of the following regulatory colleges:

- The [Ontario College of Social Workers and Social Service Workers](https://www.ocsosw.ca)
- The [College of Nurses of Ontario](https://www.collegeofnurses.ca)
- The [College of Occupational Therapists of Ontario](https://www.coto.ca)
- The [College of Physicians and Surgeons of Ontario](https://www.cpsontario.ca)
- The [College of Psychologists of Ontario](https://www.psychologicalsoc.on.ca)
- The [College of Registered Psychotherapists of Ontario](https://www.crops.ca)

In addition, the [Controlled Acts Regulation](https://www.ontario.ca/health-and-social-care/regulated-professions) under the RHPA sets out certain exemptions.
Content for this deck was in part adapted from content developed by The Scientific Affairs Committee and the Section for Students in Psychology, of the Canadian Psychological Association, on Applying to Graduate School.