

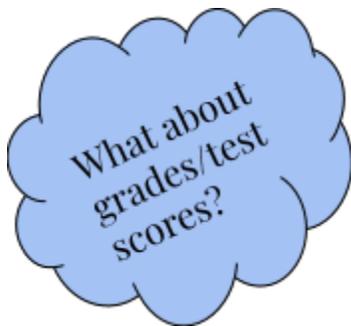


Guide to Applying to Clinical Psychology PhD Programs

- A PhD allows for ample amounts of opportunities in research, education, public health, and private practice.

Skill Sets Needed:

- **Teamwork** → in a cohort you want to be able to work with others as your research partners, study buddies, and peers.
- **Self-Motivated** → a willingness to pursue new topics, stay on top of your work, and tolerate new, first time situations you have never been in before.
- **Work-Life Balance** → though graduate school is intense, it is important to keep a healthy mindset and exercise, enjoy time with friends and family, stay connected to a strong support system.



GRE: V (roughly 155), Q (roughly 150) and at least a 4 on analytical writing. **Do note** → GRE scores are not the end all, be all. If you have skills/research experience/strong GPA/great letters of recommendation that really helps.

GPA: 3.5+ and the prerequisites they want, many schools love to see experimental psych on your transcript (PSYCH 106)

RESEARCH

- Working in a lab is helpful (research assistant, research coordinator)
- Ideally 1-2+ poster presentations of research projects in which you were closely involved in.
- Need to show schools you have the potential for research/dissertation level work
 - With that being said... start to read different articles, expose yourself to different studies in order to find some specific research interests. You by **no means** have to nail down what exactly you want to research, but on interview day saying "I want to research depression" is way too broad.
 - Research the faculty before you interview at a school to know what research labs are present at that program.

CLINICAL

- Programs value strong clinical experiences working first-hand with other individuals
 - Crisis centers, Camps for Autism Spectrum children, hospitals, etc.

The Application Process Itself

Letters of Recommendation:

- **Who?**
 - Usually want at least two academic » professor and a research mentor
 - One boss/person in the workplace
 - Sometimes request for a character reference
- **When?**
 - A two month time frame is a good amount of time to allow an individual to write you a strong letter.
 - Make sure to give them deadlines, the specific name of the program in which you are applying, and how to submit the letter.

Personal Statements:

- Don't try and overshare, or share anything that may raise a "red flag" to the admissions committee.
- Each school is going to require something different, if your application is through PSYCAS make sure you check the character or word limit for each question/statement.
- Schools tend to like specific examples for questions, and make sure to read over your statements before interview day because they will pull questions from your statements.

Miscellaneous Tips:

- PSYCAS is like the "common application" for graduate school, not all schools use it, but some do.
 - Make sure to inform your letter writer that for PSYCAS only one letter can be uploaded that all schools see, meaning the letter should not be tailored to one school.
- If the name of the prerequisite course the school is requiring does not match what is on your transcript, they **may still be willing** to count the course. Early on you should form a relationship with a representative over at the school to show your interest and answer any questions you have.
- Stay organized during this whole process. There are a lot of moving parts, keep a list of dates, checklists, spreadsheets of what needs to be done and what has been done.
- Your resume/CV can be longer than a page for graduate school. Place your best experiences towards the top.
- This is definitely a stressful process, and costs some money to just apply, but is worth it and very exciting as you journey into the next steps of your academic career!