

# Post Grad Information

## **Entering into the workforce**

- Don't be afraid to try different jobs to see what works, you'll be able to know what you like and don't like better by trying it out.
- Connections are important, try to network and put yourself out there whenever possible, you never know who you are going to meet that could become an asset to you in the future.
- During quarantine times it is even more necessary to be on job websites like LinkedIn, Indeed and SMC's own site called Handshake because that is where remote networking is happening.

## **Resources**

- Career and Professional Development Services (CPDS)
  - Resume, Cover Letter, and LinkedIn Coaching and Review
  - Interview Skills
  - Career Exploration/Job Search
  - Career Workshops and Events
  - One-on-one appointments with CPDS strategist
- Psychology Department: Annual Career Night hosted by Psychology Club in the Fall
  - Several SMC alumni who have received a Bachelor's degree in psychology are invited back to discuss their jobs, experiences, and any advice. This is a perfect opportunity to explore career options, ask questions, and hear from those who have experience!

## **Internships**

- Try to get an internship in your field of interest between Junior and Senior year. This gives you experience, helps you figure out if you really like the work and gives you connections in the field.
- We have an internship course as one of the psychology capstone courses (PSYCH 195) it counts towards the CE core. Beware: this course is not easier than any of the other capstones, it is often more work, requiring you to log 80 hours for the entire semester - but fun!
- A lot of places have switched to remote internships because they still need the help and nowadays internships tend to be paid

## Higher Education

- Before considering applying to graduate schools, ask yourself these questions:
  - Are you financially ready and mentally ready for another x amount of years of school?
  - Do you have a specific interest or area of focus you KNOW you want to pursue?
  - Have you done extensive research on different programs?
  - Do you WANT to pursue this right now? Are you confident in your choice?
  - Do you have alternative options to pursue in case you choose it is not for you?
- Graduate Schools
  - Master's Degree
  - Doctorate Degree
  - Specializations

### Preparing for graduate school

- Try to get experience in areas you are interested in pursuing or may help you gain necessary skills needed for graduate school or specific programs.
  - Volunteering, paid work, research, internships
  - For more information about jobs and internships, please visit the Psychology website for different opportunities.

## Resources

- The Psychology Department has some resources about Grad School Opportunities here.
- Career and Professional Development Services (CPDS)
  - Graduate and Professional School Advising
  - Resume, CV, Cover Letter, and LinkedIn Coaching and Review
  - Interview Skills
- Psychology Department: Annual Grad Night hosted by the Psychology Club
- The purpose of Grad Night is to bring in a panel of SMC Psych Alumni to answer any questions about Graduate school, the process of choosing a school or program, the application process, or anything else that you may be curious about.

### Applying to graduate school

- Research programs to know specifics. Below are general requirements programs typically ask for:
  - GRE and/or subject tests (if applicable)
  - Letters of Recommendations
  - Statement of Purpose or Personal Statement
  - Resume/CV
  - Official transcript(s)
  - Application fee (some programs waive this if you attend an information session!)

## Interested in Grad School? Application Process

If you are considering graduate school, you should begin preparing for it at least a year before you plan to start. Below is a rough overview of the process of applying to graduate school.

Please Note: All programs have different deadlines and start dates. This is only an overview to give you an idea of what to expect. You do not have to pursue graduate school immediately after graduating. The overview below is catered to a student who is expected to graduate in May and is hoping to begin graduate school the following Summer or Fall semester.

Throughout your college experience, you should be getting experience in areas that interest you or may help you gain skills necessary for post-grad. This will help narrow down your interests while helping you decide if you are interested in pursuing a higher education.

### Sophomore Year:

#### Fall Semester

*Experience:* You should already have a wide range of experience (volunteer, paid jobs) and begin narrowing down your interests, but this is the time to be looking into research opportunities (specifically the Summer Research for the School of Science). Refer to the Psychology website for more information about research. If you are interested in doctorate programs, you should have research experience.

#### Spring Semester

*Experience:* If you are interested in furthering your research, many professors begin looking for student research assistants for the following year.

### Junior Year:

#### Fall Semester

*Research:* You should be researching different types of programs that you are interested in applying to. This will help narrow down your preferences and institutions as well.

*Experience:* You should be looking into/already participating in research opportunities and potentially internships (visit the Psychology website for more information).

*Standardized Test:* You should begin studying for the GRE and have a date in the Spring or Summer to take the test. However, some programs don't require this.

#### Spring Semester

*Research:* By now, you should already have a better idea of the programs you are interested in pursuing. This is the time to look deeper into the programs like the deadlines and application requirements. From this information, you can create your own spreadsheet of all the information and deadlines you need for each program. You can also begin attending information sessions for programs, but there are many in the Summer and Fall as well.

*Standardized Test:* You should continue studying for the GRE or already taken the test by the end of this semester. If you need to retake it, this gives you more than enough time to do so.

*Letters of Recommendation:* You should already have some professors/employers in mind to ask for a letter of recommendation by the end of your Spring Semester, and ask them in advanced since many professors may ask for more information to write your letter.

#### Summer

*Research:* You should have a solid list of programs that you are interested in applying to (having a good number varies for each individual).

*Standardized Test:* You should have already taken the test by now. If you need to retake it, this gives you more than enough time to do so.

*Letters of Recommendation:* You should already have reached out to your professors/employers and confirm in advanced that they are willing to submit a letter of recommendation for you.

*Personal Statements/Statements of Intent:* You should begin writing this to give you enough time to edit it before submitting. Many professors may ask for drafts before writing your letter of recommendation.

*Resume/CV:* You should have an updated resume or CV with all your experiences. Visit CPDS if you need help.

## Interested in Grad School? Application Process

Throughout your college experience, you should be getting experience in areas that interest you or may help you gain skills necessary for post-grad. This will help narrow down your interests while helping you decide if you are interested in pursuing a higher education.

### Senior Year:

#### Fall Semester - beginning of application deadlines

*Research:* Continue attending information sessions for the programs you are applying to.

*Transcripts:* Before submitting applications (earliest can be November), you should order your official transcripts from all the colleges you attended to be sent.

*Standardized Test:* If you scheduled to retake the GRE, you should be done by the time you submit your first application (some applications are due in November).

*Letters of Recommendation:* You should remind your professors/employers about deadlines for submitting letters of recommendation.

*Personal Statements/Statements of Intent:* You should be writing/already written your statements. It is also useful to have other people proofread before submitting.

*Resume/CV:* Continue to update resume or CV with all your experiences.

*Interviews:* Some interviews may begin (depending on the program), so visit the CPDS for any help.

#### Spring Semester - application deadlines

*Transcripts:* You should have already ordered your official transcripts from all the colleges you attended to be sent.

*Standardized Test:* Scores should be already sent to the schools you are applying to.

*Letters of Recommendation:* You should remind your professors/employers about deadlines for submitting letters of recommendation.

*Personal Statements/Statements of Intent:* You should already be done writing your statements and finish submitting them.

*Resume/CV:* Continue to update resume or CV with all your experiences.

*Interviews:* Interview process continues!

You begin receiving responses from programs during your Spring Semester! Remember to celebrate all your acceptances! Even your rejections are beneficial as they help narrow down where you will end up for graduate school! We wish you the best of luck!

For more information about graduate school, feel free to attend the annual Grad Night hosted by Psych Club every Spring semester! Contact Psych Club for any questions: [psychclubsmc@gmail.com](mailto:psychclubsmc@gmail.com)

