

Yes we do you want to record this to make sure that um future students can see this as well those who couldn't make it. And so again my name is Lorena I am the academic advisor for the department, for the psychology department and in behalf of the whole department I do want to welcome you um just be sure that your microphone is on mute as always for zoom meetings and there will be definitely time for questions and answers at the end but again like I said I want to welcome you in behalf the whole department and welcome to our first grad school information session we are excited that you took time out of your day and join us and learn about grad school. Mariany and Liam are two grad students that work in the advising office, they work a few hours a week not necessarily advising students but helping other grad students and then helping undergrad students learn about grad school definitely since they are in grad school they are the best people to ask about this so um we um are looking forward to having more information sessions depending on what you like and Mariany and Liam will take care of that at the end and yes just a reminder we are recording the sessions so other can see in the future um and with that I'm going to go ahead and turn it on over to Mariany and Liam, thank you so much, go ahead guys. Yeah thank you for the introduction um so I guess we'll just jump in um, so today's session we're going to cover some topics like um what grad school is and kind of what it looks like, why somebody would go to grad school if it's for you and really how to prepare and search for grad schools. So like Lorena said we at the end of the session we will have a Q&A um to avoid technical difficulties just send your questions through the chat function that way we can avoid any problems, yeah and you can do that throughout the presentation, just as the question pops into your head put it in the chat and we'll address them all at the end. Yeah great idea. Yeah and I just want to double check Mariany did you click recording? I can't see any of the functions. Yes, it's recording. Okay sweet. Okay so we'll just go ahead and get into it. So what's grad school? Really grad school is any degree program or further education past your bachelor's degree so it's things like med school, law school, PhD really anything, we're just going to cover PhD's, PsyD's, and a master's today because these are the most common ones people in the psychology major go towards so first off a PhD in psychology is most often intended for those students who want to generate new knowledge through research, so it's going to be like creating experiments collecting data applying statistical methods, that's going to be the main focus another focus is teaching experience, so lots of people that pursue a PhD are wanting to go into academia and work in different universities teaching so that is another focus, um these programs are probably the most competitive out of these three, very competitive admissions so you do have to be flexible in certain aspects when you're applying they are five plus years so it is a big time commitment and most of that time is devoted to conducting research. So here at UTEP we have four big research projects, for the PhD it's our first year project, a thesis, research apps, and then dissertation, so that's going to take some time so it does take five or more years. Another portion of your time is devoted to TA positions, PhD programs have a lot more funding than other types of programs these TA positions could be really how you earn your paycheck or your stipend or whatever funding you're given so you could be like correcting papers or grading for a class or you could be doing something like this, this is one of our TA positions. So with a PhD you could pursue a career in like clinical work uh a major research projects through like government jobs or industry jobs or Academia and we'll go into more detail on careers later on. The next degree type is PsyD so this is also a doctoral degree it's similar to a Phd but it's not as intense on the uh research emphasis, it's more focused on clinical experience so these programs aren't as competitive as PhD's but there's a trade-off there's not as much funding in these types of programs so there could be more out of pocket costs, so they will also take maybe four to five years like I said less emphasis on research biggest emphasis is going to be on clinical experience some programs will have a

dissertation project but it really varies from program to program um when you finish your PsyD you would graduate with a license to practice in the state um people with a PsyD will often work with direct client care so positions like a counselor or social work maybe human services or consulting. Yeah so um the last one we're going to cover is masters degrees um so something to understand about masters degrees is that often times with the PhD's um not sure with the PsyD's but you could get a masters on the way to getting a PhD so um it's kind of a step below PhD and PsyD right um so these are typically two to three years um you would still have to do a thesis um where you apply the knowledge that you are gaining throughout your program um so as with PsyD's these um can also involve more out of pocket costs um some of the masters um that are offered at UTEP that are related to um for example if you are seeking a degree that will allow you to do therapy would be the masters in clinical psychology um an MS in mental health counseling offered through the education department uh the MED in school counseling, the masters in rehabilitation counseling and the masters in social work, so what all of those have in common is that generally you'll need about three thousand supervision hours um before you can get licensed to um actually uh conduct therapy with the clients um, so um yeah that's pretty much it for the PhD, PsyD's , and masters.

So what is grad school right like what does it look like, um so for your classes um unlike under graduate you'll only be taking three to four um in our program three is generally encouraged um because that will give you the most ability to balance um your research your TA positions and some of these other things I'll talk about in a bit, um so most of the grade toll consist of exams or long papers where you'll apply the material from the class so these could be writing a literature review writing a grant proposal etcetera uh and by long I mean like ten to fifteen pages each, um you'll have weekly readings um these tend to be small class sizes so you will not really get away with not doing the reading, it's pretty noticeable if you don't um there are short weekly reaction papers in which you summarize each of the readings um and then you in each reaction paper you put a few thoughtful questions about the reading that you can mention in class um so that tends to be another portion of the grade um as well as participation um so Liam already mentioned um a bit of the TA positions um so some TA responsibilities so it's convenient because uh well when we were on campus we were working on campus um and it can be pretty flexible in terms of like when you can turn the grades in and such the workload will depend on the semester and the classes that you're assigned but um if you're a TA then uh some weeks you can work as few as five hours others you'll be working the full twenty hours um especially during midterms and finals so when you're taking your own midterms and finals you'll also be quite busy with um this job, um so uh Liam also mentioned that some programs um will guarantee a TA position, especially if you're um in a PhD program um in our masters program for example you're not guaranteed a TA position but most of the times you will get one if you ask for one so that would be something to inquire um for any school that you're looking at um is the kind of funding that the program has um if they have funding over the summer um if the TA positions are guaranteed or if not what types of jobs the graduate students tend to have uh okay and then for research um we'll definitely talk more about this later on but the research really depends on um how much your program emphasizes conducting research and then the type of research that you're conducting in that lab um so you can expect to spend at least ten to fifteen hours per week minimum on research um and this could be you know working on a journal article for publication conducting a study um preparing materials for an upcoming conference which then brings me to the academic conferences um so in addition to balancing what I mentioned above your classes, your part time job, your research you'll also be expected to attend annual academic conferences related to your particular field of research um so some of you may already be familiar with this if you're

involved with a research lab um and interestingly enough both Liam and I have conferences this week so I'm going to one call the association for behavioral in cognitive therapies um so I attended some sessions that for example covered how to um specifically uh give suicide safety planning interventions so that and how to conduct longitudinal research during covid um what about you Liam? Yeah, the conference I'm going to this week is called pshyconomics it's mainly focused towards memory research and cognitive research so there's a lot of um I think the session I went to this morning was a lot of different language research which is what I'm interested in so it really varies, yeah so again it'll depend on the field of study that you choose um so generally at this conferences you can present posters of some of the studies that you and your lab mates conduct um you can give a fifteen to twenty minute presentation on a research paper that you wrote um and then you as we mentioned you can also attend portions of the conference where other people are presenting their own research. Um so all of this sounds like a lot um it is but remember that grad school is after all to help you develop your professional skills right um so this brings us to our next slide, yeah I mean that's a good point like why would anyone go to grad school it sound like a lot of work, um really the biggest influencers are career choice and future salary, lots of careers that people in psychology majors want to go in to require that you go to grad school um so if you're hoping to be a professor or work in academia you have to go to grad school if you're hoping to be a licensed psychologist or a counselor something along those lines you need to go to grad school um so if you are working in academia um in this career you're most likely going to work in a university teaching and conducting research um managing the research lab uh this is the area if you're interested in research and want to have lots of freedom with what research you do the area to go into is academia um another field as a researcher a field that we have um they're called industry jobs, this is a really broad term is basically any job that's not a licensed psychologist or academia so it's a little hard to explain what these look like because they do vary like crazy so you could be working in government or maybe a private um private company where you run stats an example of an industry job is what I was doing before I came to UTEP I was working for a federal grant through the department of justice and we worked on prevention efforts of sexual violence throughout a community so it could be something like that or you could be running stats and research projects for a private company um there is no shortage in need for um statisticians and researchers so there is a lot of freedom on what you do um but for in the research aspect there's not as much freedom on what type of research you do um and then one of the other common jobs is a licensed psychologist so if you're wanting to go into social work or be a counselor you need to go to grad school this is the route um so when I say licensed psychologist most people often think oh counselor that's what a licensed psychologist is which is true but there's also a lot of different focuses that you can go into like forensic psychology, health, clinical, sports you know they go on forever there's lots of different concentrations if you're interested in it and want to focus in it there's most likely a program out there for you or a program that's willing to work with you um so really your career is what you make it um future salary is another big influencer um like I said uh grad school is need for certain careers um but it also helps you develop skills that are really important and valuable for different fields um so anything that helps you develop those skills is really going to be sought after and grad school is one of those things so it's going to increase your salary the more skills the more competitive of applicant you are. Mariany do you have anything to add to that? Um no, I think you covered it pretty well. Alright. Um so after everything we mentioned do you think it's for you? So um some considerations for this would be first of all time commitment um so as Liam mentioned first of all the big time commitment is two to five years right where you'll be dedicating yourself um to uh developing your professional skills um but I'm also not going to sugarcoat it, it is um on a daily basis I'd

say it's much more intense than college um so you'll be busy a lot of the time uh probably during winter break and summer break as well um so you can expect to be that way for a few years um but it's a lot of um professional and personal growth so um and again if the career that you are pursuing involves um going to graduate school then it's the choice is kind of already made for you, you know do you want to become a therapist you got to go to grad school um so money as well because um for masters and PsyD programs in particular you have to keep in mind that as we mentioned mostly out of pocket so you will likely be paying for tuition um and you'll also be applying to all of the programs right all of the graduate programs, that can add up to quite a bit although we will cover that later um and as I said your end goal you know what career would you like to choose um that will ultimately determine whether or not this is for you, Liam anything to add? No. Do we want to go to search for grad schools next? Yes. Alright so the search for grad schools is uh you know there's lots of different ways you can approach searching for a grad school um we're just going to go over kind of our experience and um our thoughts on it and suggestions um we do have to add a disclaimer that it's going to vary from person to person because everybody's circumstances are different um but that being said, what programs to apply to should be the first question you ask um you really need to figure out if you want to apply to masters or PhD or PsyD really any program you just have to know ahead of time uh if you're going to apply to maybe all just PhD's or a combination of a couple different programs um for me and my circumstances the best option was only applying to PhD programs and I came to this decision by having really honest conversations with myself and professor, advisors, and my peers and figuring out what I was capable of and what the best option would be so that's one of the biggest um suggestions throughout this section of the presentation is have this conversations with yourself and with your advisors and peers and figure out what the best option is um another really common question is number of school you're applying to um I know I heard this advice and almost everybody I talk to in grad school has heard the classic advice you should be applying from anywhere to like twelve to twenty schools um especially if you're shooting for a PhD or a PsyD something like that um even a masters uh I do not like this advice I disagree with it I think if you can apply to twenty schools and are willing to go for it it's up to you it's your circumstances allow um for me I applied to five schools um you know I had to sit down and figure out what the best option was um with my experience I applied to like I said five schools and I knew I liked these programs I knew this school was a good fit and the advisor I would be working with I had already contacted them and started a conversation with them so I knew they were accepting students um another point that Mariany brought up was that these applications do add up, they can be anywhere from like fifty to a hundred dollars so they add up pretty quick and um it's really up to you how many you apply to they are time consuming and draining um so next is these um the actual search for grad schools um so we're going to cover the two methods we used um the search based off of potential advisors and then search based off of geographical location um so the one I did was search based off of advisors that I wanted to work with so the way I approached my search of grad school was really reading research that I thought was super cool and I wanted to do that type of research so any time I would come across an article or a different project that I really enjoyed reading about and could see myself doing I contacted the authors, I sent them an email I was like, I introduced myself said I was looking for a program to um work in and was literally just crank emailing professors and researchers for a couple months um and when I would hear a reply back they weren't accepting students I would thank them for their time and cross them off the list and if they were accepting students I would then look into that program and look into the school and really research everything about this researcher the school and the program to figure out if it was a good fit for me uh for this approach I was uh completely flexible on location I didn't care where I ended

up I cared if I would get along with my advisor and enjoy doing research at that program um the best advice I can give you if you're going to take this approach to searching for grad school is don't get discouraged when you're emailing these potential advisors um I think I emailed maybe fifty or sixty advisors and heard back from like fifteen to twenty of them um and with that approach I whittled it down to like ten-ish schools that were accepting students and um I knew they were accepting students I had already talked to at least one potential advisor and um you know I knew that they were accepting students so I only applied to those five schools that I picked from that whittling it down to ten um also last piece of advice with this approach is if somebody that you contact that you want to work with isn't accepting students that year don't apply to that school um yeah it's like we have mentioned before applications are long and expensive so there's no need to apply to a school if you know you don't want to work with any of the available advisors. Yeah um so Liam's approach is really interesting to me I hadn't even considered it until we talked um but so I mean it's great and if you think that would work for you then definitely go for it um I started my search off knowing that I wanted to stay in this general area like in Texas maybe New Mexico um so I started narrowing down just looking at schools in mostly in Texas um and then after that then I looked into their programs and looked to see what the potential advisors were and if I was interested in the research that those advisors were conducting um and so that's how I began um filtering the number of schools that I would be applying to um I also I only applied to three schools I would not recommend just three um I would say maybe like five to seven is a good number um but as Liam said um twelve to fifteen sounds like quite um a large amount and it'll that would be a lot of work a lot of money um but if you are applying to very very competitive programs um like if the type of PhD that you're looking for is more competitive than other types of um PhD's then you might need to really apply maybe to at least ten schools um so part of this whole grad school um application process is figuring out how competitive is the field that you're going into right um and as he said it's also very useful to contact the advisors that you're interested in working with to figure out if they're even accepting people um sometimes the information on the websites if they happen to say um on the website it may not be updated if they're accepting for that year or not so definitely double check if possible um because if you're only interested in one advisor for one school and they're not accepting students then you definitely don't want to apply there you would it's better to just focus elsewhere um let's see uh yeah so that's pretty much what I have to say for my approach if you know that you would like to stay within a certain state like for example if you want to practice um I I'd like to become a therapist so I know that eventually I would like to practice in Texas um so for me it would just be better to stay in state um so if that's something you're considering for like what type of state you eventually want to um conduct your practice in then keep that in mind.

Okay so when should you start preparing for graduate school? Um at least junior year right you should create a list of schools that you're interested in applying to based on either one of the two methods that Liam and I suggested maybe a combination or you know um but try to have some sort of strategy for how you're going about it um and let's see um taking the GRE um I would say at the latest to take that um the summer before your senior year um but ideally sometime within your junior year would be good um and that so that exam you can think of it as like the SAT or the ACT but instead of you know the SAT and ACT were for getting into college the GRE is for getting into graduate school um so some of the um materials that you will need for the applications you should definitely start preparing sometime during your junior year or again that summer before senior year so that would include personal statements um these are not like the ones that you wrote um to get into college um because here your goal will also kind of be to um to explain why you would be a good fit for their program um and uh what your how

your experiences have you know formed you into who you are anyway Liam will go over that a little bit better but um supplemental essays are basically an extension of the personal statement um where you'll just elaborate why you would be a good addition to their program and then a CV um also known as a curriculum vitae you will think of it as a resume um except it's much more detailed uh you really would list anything related to the field that you're applying to um and again we'll go over that in detail in a bit and you should try to join a research lab or get some kind of um field experience during your junior year again um and this would help you figure out um what field you would or would not want to apply to as you're looking at these programs right um so then in senior year um after you've had a couple different experiences you should first of all update your CV um you should reach out to potential recommendees and something that you should definitely include when you're asking them is you should ask is can you write me a strong recommendation letter? Because uh you want to make sure that the person that is writing it for you has a good insight in to who you are your work ethic um so so that they can accurately portray that and in detail for these programs that you're applying to um and you should be keeping this in mind at least since your junior year just the idea of like okay who would I ask a recommendation letter from because you want to start building these relationships you don't want to get to senior year and be like okay um who what professor have I kind of talked to in the past three years no um so again just be keeping that in mind um and you can start off by going to office hours um the best way would definitely be to assist them with research and then uh submitting applications um again kind of have a budget for this planned out in advance um and it might help to have like uh a template or maybe like a timeline of um the deadlines for each program and then lastly you should be planning to be attending some interviews um yeah definitely this year is a little different as far as attending in person interviews but generally um if a program is interested in you they would want to see you come in person so you can meet um the different professors in the department the professor you'll be working with the different graduate students etcetera, so I just want to go back over some of that advice that Mariany gave because it's great and I really want to reiterate some of the things she said um so starting with the GRE and some other like testing requirements so the GRE uh just a little note to keep in mind is due to current circumstances some schools are waving this um GRE and with the GRE and all this other and some of the other testing requirements you really need to know ahead of time what the requirements are if they need these these tests because there is nothing worse than getting to the end of an application and realizing I haven't taken this test that they're asking for um because you do have to plan those at minimum a month or two in advance um another question about the GRE is the psychology subject test um I didn't come across any programs that required the subject test um but you there are programs out there that do require it so again know that information before you start your application and then the last testing requirement that I came across when I was applying to grad schools was the toefl which is a English fluency test um so I applied to some programs in Canada and was asked about this most of the time schools will wave this if you attended an undergrad that was in English but if your permanent address is in Mexico um or they ask for the scores you just need to know about this ahead of time um it's a weird test and a weird requirement especially since you're attending UTEP which is an all thought in English but is just something you need to know about the so personal statements and supplemental essays are another really big important application material um so personal statements and statements of purpose are two very different things that I think we should mention a personal statement is really where you sell yourself in your application uh the best advice I was given on a personal statement was when they're reading it they have your CV your transcript your scores everything in front of them so on a personal statement don't just repeat what's on your CV you really

need to demonstrate um how you'll contribute to the program what do you bring to the table is it hard working, work ethic, attitude different things like that that can't be really communicated on a CV um you know there could be hundreds of students with the same transcript same CV same grades everything um so what put you ahead of these students what makes you a better fit um which is very different from a statement of purpose, a statement of purpose is exactly what it sounds like you're going through and explaining exactly why you're applying to this program and um why it's a good fit for you and for your goals so something to keep in mind as you're writing those a CV is um Mariany gave some great advice on the CV boosters um which we'll go a little bit more detailed later on this research experience the only thing I have to add is keep it updated and visually appealing um make sure you it is easy to read because they are going through lots of applications um and then the last thing one of the last things I want to add to this slide id this letters of rec I love the advice Mariany gave that can you write me a strong letter of recommendation this is a problem that lots of people run into um when they're applying to grad school is their not close with a ton of professors or advisors that could write them these most school will ask for three letters of rec um so keep that in mind when you're developing mentorships and things like that um I do want to plug the um career center because this real quick because this is a huge resource uh when you prepping these material they'll help you help go over your CV or if you're applying to jobs your resume um they when it comes to the interviews that Mariany was mentioning they'll even practice those interviews with you, they'll tell you what types of questions they usually ask um how you should dress really anything and everything what questions you should ask the interviewer so it's a great resource and I believe they have almost everything virtually right now so you're not missing out on anything due to current circumstances and one of the last things we want to go over is this um CV booster of being in the research lab um did you want to go into this from the start or me? Mariany? Um sure so um okay so yeah why is research experience so important? Um so part of it is as we mentioned this component of mentorship and um building the relationship with the um professor they can really um help you understand um more about the field that they work in and kind of what to expect if you were to go into that field um they can get you into contact with lots of other professionals in that field as well they might know some potential um advisors for you to work with in graduate school and kind of help facilitate that communication um and there's mentorship from graduate students as well who like Liam and I if you're an undergraduate in the lab you can come to us um for help on your application materials if you have questions on what kind of programs to apply etcetera um there's also insight into how the research is conducted you kind of get like a I don't know, I don't know if a sneak peek but you get to see how it all is done right how the surveys are made uh how the information is collected from the participants maybe in person or virtually now um the research design all of that you become more familiar with the literature so something that undergraduates um often help with is doing literature reviews and um looking for different articles that tie into a certain subject so that would be very beneficial for um learning more about different topics in a certain field um better understanding of data analysis because you'll start hearing or I guess you'll start seeing um a lot of the practical applications for these different statistical tests that you guys cover in um statistics and advanced statistics like um the different T tests and anovas and um regressions um and um all of this can culminate into a better CV and a better um statement of purpose personal statement um because you might be able to attend different conferences and help with conference posters um you might even be able to help with um uh publishing a manual script so um and again you might get a letter of recommendation from the professor um so just to really great overall experience even if so let's say that you enter this research lab and then you find mm I don't know if I could see myself doing this research

for the rest of my life or um if I'm interested in this subject area too much after all that's still a really good um conclusion to come to right because it's better to come to that conclusion before you apply to these programs and end up there um than you know finding yourself as a first year in that program like oh gosh I don't actually want to do this at all yeah really really great points uh yeah research experience is a great way to figure out you know if this is for you or not and just a side note to this experience working in these labs is really where you develop lots of friendships mentorships and really like the people I worked with in my undergrad lab I still talk to today I still talk to my advisor, I saw lots of them in this virtual conference that I was at this morning um so lots of them could be the peers you're working with in your future career um something if you are interested in joining a research lab at the beginning of each semester Doctor Ivanova puts on a pizza recruitment session that is really where it's a virtual well this semester and next semester will be a virtual get together through zoom where you there's quick presentations about all the labs at UTEP and what research they are looking at and what types of students would fit in well with their labs so it's a great resource to figure out you know what labs are out there and what what ones are in my interested in um so look for that email at the beginning of each semester and then with that I think we are finished off. Yes. Before we start the Q&A um I just we want to thank you all for being here uh feel free to reach out to us with questions that aren't answered in the Q&A we want to hear from you and hear your feedback in the chat I'm going to send a link to a quick survey that we are wanting just some feedback it'll take maybe two or three minutes um you know how this information session helped you and maybe what types of information sessions you'll like to see in the future um so it looks like we have about ten minutes for some questions so I'm going to stop sharing the screen and we'll go ahead and get started with those questions um Mariany do you want to start as I'm sending that link through the-. Yeah sure so is graduate school necessary for getting a job? Um again that uh really depends on the type of job that you're looking for um so if you want to become a professor if you um want to um again conduct therapy you definitely need to go to graduate school um Is becoming a TA required or is it just something helpful that one can do during grad school? As far as I'm concerned it's not required right Liam it's more like an optional source of income um just a different way to uh keep your keep some money flowing while you're you know um studying and trying to get your um professional degree uh but yeah I don't think it's required, no yeah you could get funding through other sources like different grants or scholarships stuff like that um it is just very helpful because you can get some teaching experience through your TA positions and really it's just a way to um provide some some support mhm um okay So in our experience can someone work outside the university and also have a TA position or do you think that workload is just too much? That would be a lot that would be a lot because um as we mentioned you at least fifteen to twenty hours on research right depending on the classes that you're taking um if one of the classes is not already researched then ten to fifteen yeah ten to fifteen hours on schoolwork um again depending on um how much reading the classes require or how long the homework will take you um and um so in addition to that you'll have your part time job and if yeah I'm pretty sure that programs generally highly discouraged like a full time job yes yeah I mean when I was coming in to PhD and doing the interviews here I remember asking about it and it's very discouraged to do that um which kind of a shock I mean I worked throughout all of my undergrad I had several jobs throughout each semester so um but no that's what the TA positions are for it's to eliminate that need to go outside and um have another workload to worry about yes absolutely um You don't need to receive a masters before you apply to something like a PsyD? No so you don't need so okay something to mention I suppose certain programs and they generally mention this um certain programs will prefer students who do not have a masters whether it's

a PhD program or a PsyD program and other programs will prefer students that already have a masters um regardless of their preference you can still apply um but really um getting a masters on your way to a PsyD is or on your way to a PhD is a good approach if um if you don't have that much research experience um in your undergrad maybe uh you don't have um maybe you're still trying to figure out exactly what type of field you want to go to in that PhD or as a good steppingstone a good way to get a foundation on uh in research and stuff um yeah and I want to reiterate something that Dr. Castaneda mentioned in the chat here is that many doctoral programs accept you straight from your bachelor's degree um so says what you need is practical experience working and research and volunteer work in a clinical environment that demonstrates you know what you're getting into so it's a very good point and wanted to reiterate if you didn't see that in the chat yes um okay uh In our experience what is the most important part of the application? Um I think as Liam mentioned definitely the personal statement or statement of purpose because that is ultimately that and your letters of recommendation are thing that will pretty much always be different um across students right like he said you might have the same CV you might or similar CV um same transcript but the way your personal qualities so something really quick that I didn't get to before um some important qualities for graduate students to have is um self-discipline right be a critical thinker detail oriented um to be perseverant and diligent um so if you can portray some of those things and get that across um I think that would be very important yeah and I mean that being said you do need to have a well-rounded application um yeah so you really need to tie all those things in together with the research experience you know these letters of recommendation that statement of purpose and personal statement um all need to tie in together and really um demonstrate that you're a well-developed student and a competitive applicant that's where the overall thing you want to or you want those whoever's reviewing your application to get from from everything yeah oh okay and Dr. Castaneda suggested that researcher internship experience is one of the most important things definitely um yes uh What do graduate schools usually look for in applicants? Um depends on the program you're applying to if it's a research heavy program the they're going to look for someone who has demonstrated experience in research and interest um but if it's a program that is really heavy in clinical experience they're also going to look for different types of experiences and really let you know what you're getting in to and um that you're going to contribute something to the program mhm um so the next question is How some of these steps have changed after the pandemic? I think you mean steps for how to prepare for grad school um and because we're unable to visit campuses or engage in a research group so I think the steps overall could retain the same order but as far as um not being able to participate in research um the research labs are still open and still conducting research they've just had to find ways to do so online um instead of trying to limit they're trying to limit in person studies um but there are definitely still labs that are accepting um uh research assistance um something to keep in mind is that most labs will want a research assistant that is available for at least one year because they will be training you right um and they want you to get a full experience so make sure you have at least a year of commitment that you can give to them and generally they'll ask for about five to seven hour per week um in my experience Liam? Yeah um yeah like Mariany said I think every single lab has move virtually you just have to do research on what lab you want to be involved in so just make sure you know what you're getting into before yes and I know that we're getting close to twelve-o'clock so if you have to leave uh feel free I think we can still answer a few more of these questions um and since the session will be recorded you can just um check back in to uh whenever we post the recording it should be on the UTEP page uh yeah we'll try to send an announcement really where where it ends up yes um looks like we're at the What constitutes a strong letter of recommendation, how many is appropriate,

and do they have to be from a professor? Um well somebody who is writing you a letter of recommendation a really strong one is going to be able to really emphasize and communicate what makes you a great applicant um so it's going to be somebody that know you well and that has had experience working with you um lots of these type of sources are going to be mentors and professors um how many is appropriate is really how many the whatever you're applying asks for I think the most I came across was three so it's just something you have to know about yeah and something to add since Dr. Castaneda also mentioned um clinical experience or field experience um if you do an internship in the field and maybe you're overseen by someone in a professional role that you're wanting to step into like uh a licensed clinical social worker something then they would also be a good person to write you a recommendation letter if that's the sort of program you're applying to because who better to assess your skills and competent of a potential budding new professional than someone who is already in that field right um there are I think every now and then a program that I came across would say that it could be someone that you knew just personally but um generally it's not for the most part is going to be a professor or some other kind of professional and not like a coach or you know kind of the other types of um mentors that you would see more for college applications so that's a little bit different it's going to be somebody who is able to uh um talk on your academic and intellectual work, here's another good question it's from letters of recommendation Would you suggest that letters are from professors different departments for example criminal justice or is it more beneficial if they're all from the psychology department? I would say again depends on the program you're applying to um if I think it would help um for me I applied to the bilingual language and cognition area so one of my letters of recommendation came from my Spanish professor so that helped kind of mesh together and create a well-rounded area of my letters of recommendation so I would say if you think it adds to your application and shows how well of an applicant you are then yes go for it mhm especially if it's relevant to again the field you'd like to practice in or the type of research that you want to do um so like if you'd like to treat clients that are involved with the criminal justice system or um pursue some kind of career related to that then it would definitely be helpful to um get a recommendation letter from someone in that field mmm yes and Dr. Castaneda kindly addressed those questions as well thank you um Can you apply to an MA program and a PsyD? Yes so you could apply to MA programs PsyD programs and PhD programs all at the same time so let's see so PhD are generally the most competitive as we mentioned so I guess you could say in that scenario your PhD's would be like your reach schools right and then PsyD's tend to be a little less competitive so that would be you're your middle of the road masters um you don't need as much research experience to apply for those um so those you could consider they're still competitive but you could still consider them your safety in the ranking of those three um that's how I would explain it yeah you can uh so Dr. Castaneda answer this one also in the chat I want to point out too um so you can apply to as many programs as you want um if you apply to two programs within the same department it does create the risk of being sent to the other program because you don't show focus in you interest um so yeah um applying to MA program and a PsyD you can apply to as many as you want just um be sure to keep this advice in mind um this is a very good point, I just want to point out that Dr. Castaneda made is get faculty to proofread your personal statements um I cannot say this enough get everything proofread that you are submitting uh another good resource is writing um the writing center that can proofread them and faculty is like our great sources for this because they know what this uh schools are looking for mhm absolutely so we have two more questions um How long does it take to get accepted? So generally um PhD uh programs and I think maybe PsyD they tend to be due those applications around December right? December first December fifteen um masters applications

tend to be due around January February I believe but um I think I started getting my acceptance letters around March I don't know if it was the same for you yeah that's where about I got started getting mine as well um it is important to know that most PhD programs will only accept students coming in in the fall so you can't start in the spring um so there's all those applications are going to be due basically a year in advance of you starting the program so yeah uh February March was the earliest I got some of them back mhm um so yeah that's a really good point Liam um so you would ideally apply fall of your senior year we covered this in the timeline which means kind of like when you are applying to college you would not start the program until the next fall um some programs might start in the summer but yeah um Are the entrance exams difficult and how or where can we get the material to study for it? Mm GRE yeah the GRE is very difficult it's kind of a weird test um it's something you will have to study for I think I started studying for it I don't remember the exact time but several months in advance basically uh there's this big book that you can get with some like online resources that you can do practice tests and everything um if you uh what's the website that it's through um is it um but if you just Google GRE um they have lots of sources through the website that hosts these um yeah hosts the tests and then there are different workshops that you can go to, yeah Lorena just mentioned um that the UTEP graduate school has good GRE workshops um that's a good point uh but yeah so this test is a little bit different because unlike you SAT or ACT that are just the tests is predetermine like nothing is going to change about the test um on the GRE depending on what you answer the next question will either be harder or easier and the harder questions you can get more points so you want to keep there's like a very specific method and like the test branches off depending on how you're doing during the test so yes definitely do not wing it please study for sure yes study go to those workshops there are different uh different strategies to approach the different sections that the GRE they're really important to know about so be sure to do your research spend time studying In those exams number of questions? Oh gosh um I don't remember how long it was I remember it being very long the GRE I think three to four hours is how long it took me I know that you start off with like uh the essay sections and then from there you but I think its three to four hours and your brain will be fried by the end okay so four hour test yeah three to four hours I do remember being very long uh being in a cubicle and then leaving and going to sleep immediately after that yeah it's in a computer did we mention that um but yes so okay well those are all really great questions guys um uh if you don't have any additional ones then I guess Lorena we can start wrapping it up yes thank you um anybody else have any more questions are you sure if you come up with something after this definitely email us [psychologyadvisor@utep.edu](mailto:psychologyadvisor@utep.edu) it's the same email always and um Liam and Mariany will be available to answer those questions um you know at your availability but um I want to thank you both for doing this we are really lucky to have Mariany and Liam with us because they're such a good resource I myself have not gone to grad school so I don't know all these steps involved um I'm an undergrad advisor so I know a lot about the undergraduate program so we'll go to the experts in the graduate school for these types of question but anything you have please give us a you know send us an email that's the best way to get a hold of us right now um I do want to thank you both like I said and I want to just mention one thing that Liam said um it is what you make of it for everything of course we know that but I think um because there's so many steps involved and so much work involved that's why grad school is so prestigious because it's such an accomplishment in life so definitely work at it we're behind you we're here to support we're here to give you all the information that you need and link you um please you know fill out the questionnaire that Liam is posting the link for right now we so want to provide more information sessions for you um I think it's good that we get together we're not seeing each other anymore um beside zoom you know class meetings and stuff so

it's really good to get together as a department and um see what's going on with each other see how we can help each other so thank you all definitely we really really appreciate you taking your time um out of your day to come and join us so thank you so much have a good rest of your Friday and great holiday week that's coming up I'm sure we're all looking forward to the break so thank you guys have a great um weekend and go miners! Bye everyone