

## Union College Clinical Advising Guide

For students planning to pursue graduate school for a Ph.D. or Psy.D. (MSW/MA/MS can do less research)

These are suggestions for those planning to apply to competitive Ph.D. programs their senior year. It is **not** a requirement or strict. This is **the most** ambitious course plan, and students with less ambitious goals may revise accordingly. Students may take 1-2 years to do a post-baccalaureate research assistantship or clinical position before applying, which also may alter this course guideline.

| Year | Fall  | Winter  | Spring  | Breaks: Dec and/or Summer   |
|------|---|---|---|---|
| 1st  | <ul style="list-style-type: none"> <li>• <b>PSY Majors:</b> Intro Psych (100)</li> <li>• <b>NS majors:</b> Intro to Neuroscience, here (210)</li> </ul>           | <ul style="list-style-type: none"> <li>• Statistics (200)</li> <li>• Clin Psych 1: Disorders (250)</li> <li>• Electives/Major Requirements***</li> <li>• Research practicum with a professor (291/292/293)</li> <li>• Train to become a Body Project Peer Leader</li> </ul> |   | <ul style="list-style-type: none"> <li>• Intern* or Research Assistant (RA)**</li> <li>• <a href="#">Careers in Psychology Info.</a></li> <li>• Visit the <a href="#">Becker Career Center</a></li> </ul>   |
| 2nd  | <ul style="list-style-type: none"> <li>• Research Methods (300)</li> <li>• Electives/Major Requirements***</li> <li>• Research practicum (291/292/293)</li> </ul> | <ul style="list-style-type: none"> <li>• Clin Psy 2: Interventions (351)</li> <li>• Electives/Major Requirements***</li> <li>• Research practicum (291/292/293)</li> </ul>  | <ul style="list-style-type: none"> <li>• Clin Psych 3: Internship (451)</li> <li>• Electives/Major Requirements***</li> <li>• Research practicum (291/292/293)</li> </ul>   | <ul style="list-style-type: none"> <li>• Intern* or Research Assistant (RA)**</li> <li>• Reach out to <a href="#">Lynn Evans</a> about Ph.D./Psy.D. applications</li> </ul>   |
| 3rd  | <ul style="list-style-type: none"> <li>• Electives/Major Requirements***</li> <li>• Indep. Study (493)</li> <li>• Approach thesis advisor</li> </ul>              | <ul style="list-style-type: none"> <li>• Clin Psy 2: Interventions (351) if not taken yet</li> <li>• Indep Study (493)</li> <li>• Submit research to conference?</li> </ul>   | <ul style="list-style-type: none"> <li>• Clin Psych 3: Internship (451) – can take twice!</li> <li>• Can start Thesis early (487/498)</li> <li>• Submit thesis proposal</li> <li>• Present research at conference?</li> </ul> | <ul style="list-style-type: none"> <li>• Intern* or Research Assistant (RA)**</li> <li>• <a href="#">Applying to Graduate School information</a></li> <li>• Consider taking GREs</li> <li>• <a href="#">Decide on schools to apply to</a></li> <li>• Prepare applications</li> <li>• Email faculty you plan to work with (PhD only)</li> <li>• Ask for letters of recommendation</li> </ul> |
| 4th  | <ul style="list-style-type: none"> <li>• Thesis (487/498)</li> <li>• Electives/Major Requirements***</li> <li>• Submit applications (Dec 1)</li> </ul>            | <ul style="list-style-type: none"> <li>• Thesis (487/498)</li> <li>• Electives/Major Requirements***</li> <li>• Submit research paper to peer-reviewed journal if possible</li> </ul>   | <ul style="list-style-type: none"> <li>• Steinmetz presentation</li> <li>• Celebrate!</li> <li>• Regroup – Strengthen applications with 1-2 years RA (PhD) or clinical position (PsyD)</li> </ul>                             | <ul style="list-style-type: none"> <li>• Rest/prepare /move...</li> </ul>   |

\* Internships: May be volunteer or paid, PT or FT. The main objective is to explore the field and gain experience. Check out the [Union College Community Service Internship Funding Awards](#)

\*\* Gain research or clinical research experience either with faculty near home or apply for [summer research funding at Union](#).

\*\*\* Consider other [Clinical courses](#): Clinical Neuropsychology (213), Assessment and Testing (352), Health Psychology (##??), Death & Dying (##??), Psychology of Addictions (255), Seminar in Clinical Neuropsychology (45?), Seminar in Clinical Psychology

**Common Questions:**

*How can I face 5-8 more years of study and preparation before starting a real job?!?*

- ~ Don't get a Ph.D. unless you're passionate about psychology and research and really love school!
- ~ Graduate school is much different than undergrad: you transition from courses to real-world work over the first few years.

*I don't know if I like research – I'm concerned about doing a dissertation...*

- ~ Try it out first – volunteer as an undergrad with a Research Practicum
- ~ PhDs require research; PsyD program research may be less intensive; MA/MS/MSW programs do not do research.

*How can I afford to go to grad school?*

- ~ PhD programs provide tuition remission and a stipend that you can usually live on if you are frugal/live with roommates.
- ~ Some PsyD/MA/MS/MSW programs may offer financial aid, inquire/research your schools.
- ~ You may have paid positions later on in PsyD/PhD programs.
- ~ MA/MS/MSW are typically 2 years, so less time than undergraduate.
- ~ Loans are deferred during graduate school.
- ~ Look into loan repayment programs if you work in underserved areas following graduation.

*What is the best way to choose a grad program?*

- ~ Try out different things to see what interests you.
- ~ Interview/shadow professionals; Interview current graduate students; Get internship experience sooner rather than later.