Clinical Advising Guide:
For students considering pursuing a Ph.D./Psy.D. in Clinical/Counseling Psychology

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These are only suggestions based on the kinds of things typically needed for successful doctoral applications – this is not a script… many variables will affect your path at Union and beyond – including your interests, style of learning, availability of courses, type of graduate study/career you choose, etc…

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<thead>
<tr>
<th>Year</th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
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<tbody>
<tr>
<td>1st</td>
<td>Intro Psych&lt;br&gt;Abnormal Stats&lt;br&gt;visit the Becker Career Center&lt;br&gt;volunteer in Prof's lab</td>
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<td>2nd</td>
<td>Assessment &amp; Testing Psychotherapy; Personality Practicum I: Commun Skills&lt;br&gt;electives*</td>
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<td>3rd</td>
<td>Experimental electives*&lt;br&gt;approach thesis advisor</td>
<td>Practicum II: Clin Internship&lt;br&gt;Clin Neuropsych****&lt;br&gt;Indep Study (prep research)&lt;br&gt;submit thesis proposal</td>
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<td>4th</td>
<td>Thesis&lt;br&gt;electives*&lt;br&gt;submit applications</td>
<td>Thesis&lt;br&gt;grad school interviews</td>
<td>Steinmetz presentation?&lt;br&gt;present research at conf?</td>
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* especially consider: Intro to Cog Neuroscience, Brain & Behavior, Health Psychology, Personality, Developmental<br>** can be volunteer or paid, PT or FT, main objective is to explore the field and gain experience<br>*** gain research or clinical experience, or prepare for thesis (lit review, collect pilot data, explore a clinical/professional world, etc…)<br>**** this particular course gives additional clinical/field experience + helpful if you are considering doing a thesis in my lab

Common Qs:

How can I face 5-8 more years of study and preparation before starting a real job?!?
~ first, be sure you have a passion about your pursuit – if not, perhaps best to keep exploring…
~ next, keep in mind grad school is much different than undergrad – courses are focused in your area of interest – it really is a privileged time to delve into that which you are most curious about…
~ also, grad school is not all “book work” – quickly you are out in the “real world” learning and practicing (practicums in 1st-3rd yrs, internship in 4th or 5th yr is FT paid clinical work, 6th-7th yrs of postdoc is FT paid)

I don’t know if I like research – I’m concerned about doing a dissertation…
~ research in clinical/counseling fields tries to answer a variety of questions about human behavior – there are many interesting Qs - what are you curious about? try to find a program where they are asking questions that you would like to explore too – then research will seem less of a burden and more of an adventure…

How can I afford to go to grad school – don’t I have to work first?
~ not necessarily, many university-based doctoral programs (PhD) are prepared to partially or even fully support their students financially with RA, TA, stipends, fellowships and tuition remission options – what you might be offered depends on the caliber/competitiveness of the school, your strengths (GPA, research, match, etc…)
~ also, keep in mind undergrad loans can be deferred and may be a wise option since you should have a higher earning potential after graduating with an advanced degree and may be able to pay loans off faster later

What is the best way to choose a grad program?
~ first, know thyself – really explore who you are, what you like to spend your time doing, get to know career paths – interview professionals – imagine yourself in their shoes…
~ keep a notebook on what really captures your interest as you study, read about research, etc – look at the authors’ names and what University each is from – it would be ideal if you could learn alongside someone doing work that you are curious about – contact them ahead of application time