

Clinical Advising Guide:

For students considering pursuing a PhD/PsyD in Clinical/Counseling Psychology

Professor Hanley
Union College

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...

Year	Fall	Winter	Spring	Summer
1 st	Intro Psych Abnormal Stats visit the Becker Career Center volunteer in Prof's lab	⇒ ⇒ ⇒ ⇒		intern** or RA** read " Is Psych the Major for You? " see career guide at: minerva.union.edu/andersoc
2 nd	Assessment & Testing Psychotherapy; Personality Practicum I: Commun Skills electives* volunteer in Prof's lab	⇒ ⇒ ⇒ ⇒		intern** or RA** read " Career Paths in Psych " visit www.apa.org/students see internship guide at: minerva.union.edu/andersoc
3 rd	Experimental electives* <i>approach thesis advisor</i>	Practicum II: Clin Internship	Clin Neuropsych**** Indep Study (prep research) <i>submit thesis proposal</i>	intern** or RA** read for thesis; take GREs explore " Grad Study in Psych " read " Getting in... "
4 th	Thesis electives* submit applications	Thesis <i>grad school interviews</i>	 <i>Steinmetz presentation?</i> <i>present research at conf?</i>	celebrate! rest/prepare/move... or regroup – how strengthen? (RA or "intern" 1-2 yrs)

- * especially consider: Intro to Cog Neuroscience, Brain & Behavior, Health Psychology, Personality, Developmental
- ** can be volunteer or paid, PT or FT, main objective is to explore the field and gain experience
- *** gain research or clinical experience, or prepare for thesis (lit review, collect pilot data, explore a clinical/professional world, etc...)
- **** 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