



Yearly Guide for Applying to Graduate School

Advice from Dr. Mary Bower Russa, Psych Friends Peer Mentors, & Psi Chi

- Take PSY 101 and 1 or 2 other PSY classes
- Maintain high GPA (3.75+ for Doctoral / 3.3+ for Master's)
- Develop and explore what your interests are
- Explore clubs / get involved on campus
- Get acquainted to campus resources (Tutoring Center, Writing center, etc)

- Maintain high GPA
- Seek guidance from a faculty advisor or a Psych Friend Peer Mentor
- Join a research team and engage in research activities (Psy 399 or 499)
- Build meaningful academic relationships with three faculty members who can attest to your readiness for graduate studies
- Volunteer at an organization related to your area of interest
- Explore internships (Laker Jobs) or practicum opportunities (PSY 490, 493/494)
- Investigate potential graduate programs that pique your interest
 - Reflect on the type of program that aligns best with your career goals
 - Ensure that the schools are appropriately accredited

- Retake the GRE if needed.
- Allocate ample time for the application process (deadlines may be mid-November).
- Letters of Recommendation:
 - Update faculty with your Resume/CV.
- Personal Statements:
 - Write multiple drafts
 - Seek critiques from professors or the Writing Center.
 - Be concise and use examples to support your statements.
 - Maintain a consistent structure but customize the last paragraphs for each school.

Freshman

Sophomore

Junior

Summer Before Senior

Fall of Senior

- Maintain high GPA
- Consider the kind of graduate degree you wish to pursue (Master's, Doctorate, Specialist)
- Look into potential minors or a second major
- Think about which professors you'd like to work with on research and connect with them

- Maintain a high GPA
- Continue research with faculty if possible
- Prepare for, schedule, and take the GRE Exam
- Refine your search for schools and programs
 - Aim to apply to approximately 5-10 Ph.D. or Master's programs
 - Select a variety of programs based on how well you meet the desired student profile
- Gather detailed information about programs through online research or direct communication
 - Application deadlines
 - Required or recommended tests
 - Start dates for programs
 - Faculty interests that match yours, and verify if they are accepting students for your intended semester of application

To gain insights into the grad school application process, schedule an appointment with a Psych Friend Peer Mentor.

