

GRAD SCHOOL IN CLINICAL PSYCHOLOGY, COUNSELING PSYCHOLOGY, SCHOOL PSYCHOLOGY, & SOCIAL WORK

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SUMMARY OF RESOURCES

- This lecture with accompanying slides and links to websites
- Electronic access to the “Insider’s Guide”
- Faculty Panel
- Two Alumnae Panels

MY PROFESSIONAL PATH

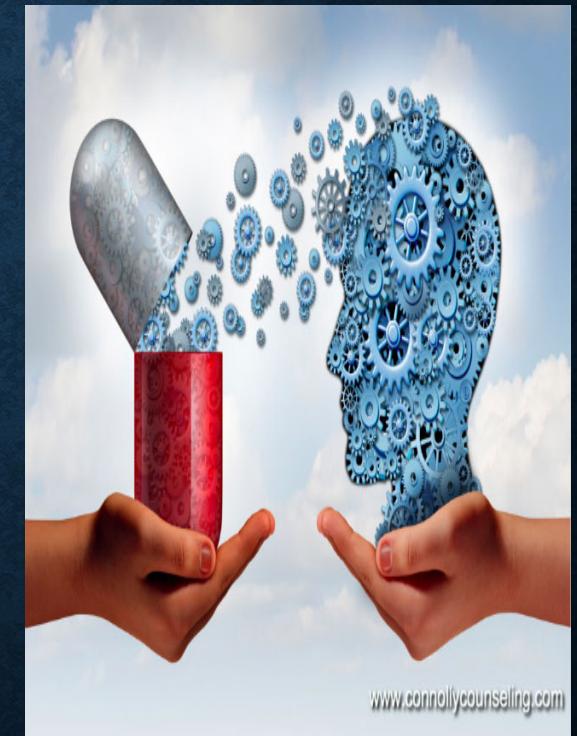
- Undergrad education at Rutgers College
 - Pre-med, majors in Psychology and Biology
- Graduate education at UC Berkeley
 - MA and PhD in Clinical Psychology
- Postdoctoral education at UC San Francisco
 - Specialization in psychological trauma
- Adjunct teaching at the Wright Institute and Alliant University
 - PsyD and MFT Programs
- Assistant Professor at University of Michigan
 - Training PhD students in clinical psychology
- Associate/Full Professor at Smith College
 - Psychology undergrads
 - MSW and PhD students in Social Work
- Licensed Clinical Psychologist



DO YOU WANT TO PRESCRIBE MEDICATIONS?

- **Psychiatrist (MD):**

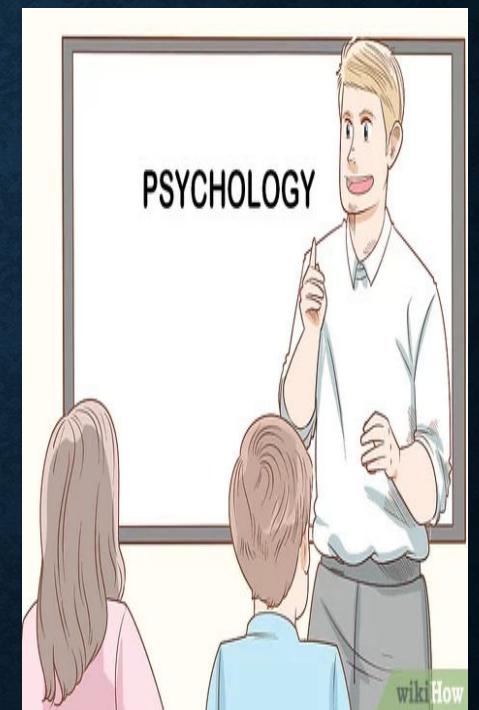
- “Serious” mental illness
- Prescription and hospitalization privileges
- 4 years medical school
- 4 years residency
- Licensing exam



DO YOU WANT TO BE A SCIENTIST-PRACTITIONER?

- **Clinical/Counseling/School* Psychologists (PhD)**

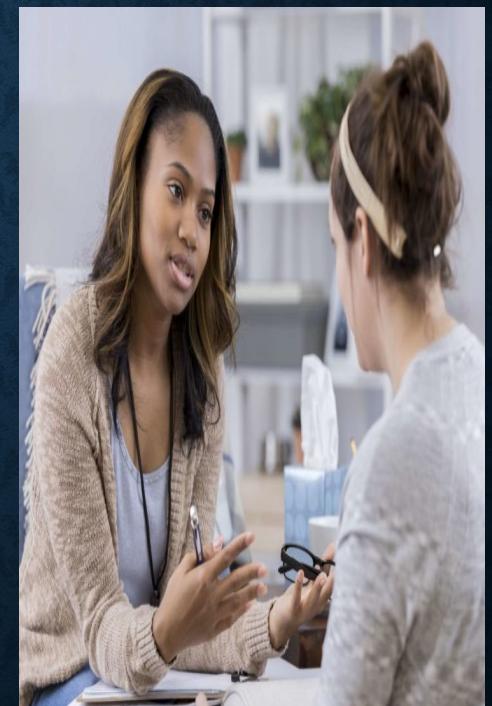
- Research, Teaching, Therapy, Assessment
- 4 yrs. graduate school
- Dissertation
- 1 yr. predoctoral internship
- 1-3 yrs. postdoctoral training
- Licensing exam



*What is a school psychologist? <https://www.nasponline.org/about-school-psychology/who-are-school-psychologists>

DO YOU WANT A CLINICAL (PRACTICE) CAREER?

- **Clinical Psychology (PsyD): Therapy and Assessment**
 - Therapy and Assessment
 - 4 yrs. graduate school
 - 1 yr. predoctoral internships
 - 3 yrs. Predoc/postdoc internship
 - Licensing Exam
- **Masters in Counseling or Social Work (MFT, MSW)**
 - Therapy
 - 2-3 years of graduate school
 - Licensing Exam
- **Masters or Education Specialist (Ed.S.) in School Psychology**
 - Assessment, Therapy and Interventions (academic, behavioral), Consultation and School Systems Support
 - 2-3 years of graduate school
 - Exam only if you want to be Nationally Certified



DOCTORAL DEGREES BY DISCIPLINE

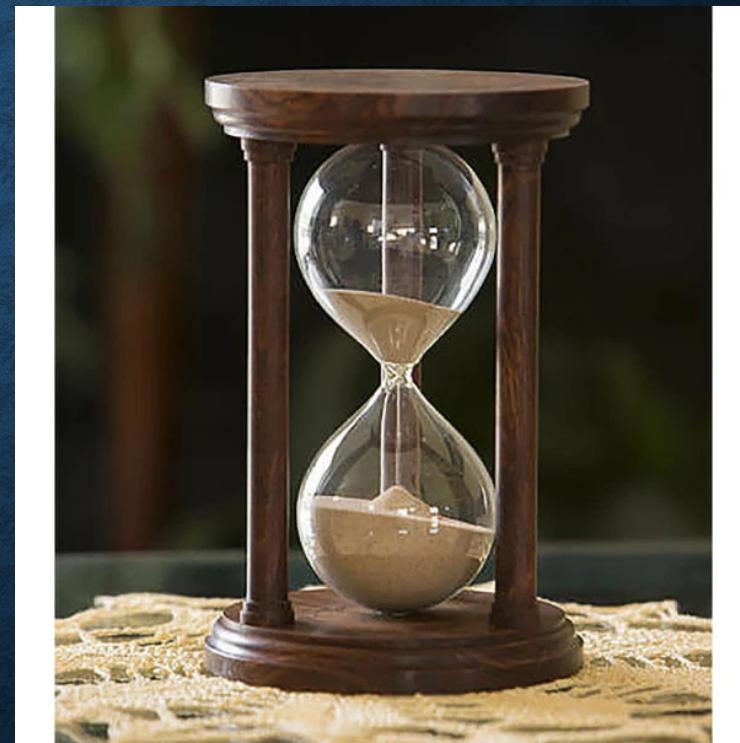


FIGURE 7 Psychology Degrees Awarded by Subfield, 2012 (Data from National Center for Education Statistics, Integrated Postsecondary Education Data System [IPEDS], 2012 Completion Survey.)



HOW LONG ARE YOU WILLING TO BE IN GRADUATE SCHOOL?

- Doctoral programs are 4+ years.
- Masters programs are 2-3 years.
- Masters degrees are not required or expected to apply to doctoral programs.
- More time in grad schools means more expense and longer delay in family planning but usually higher earning.



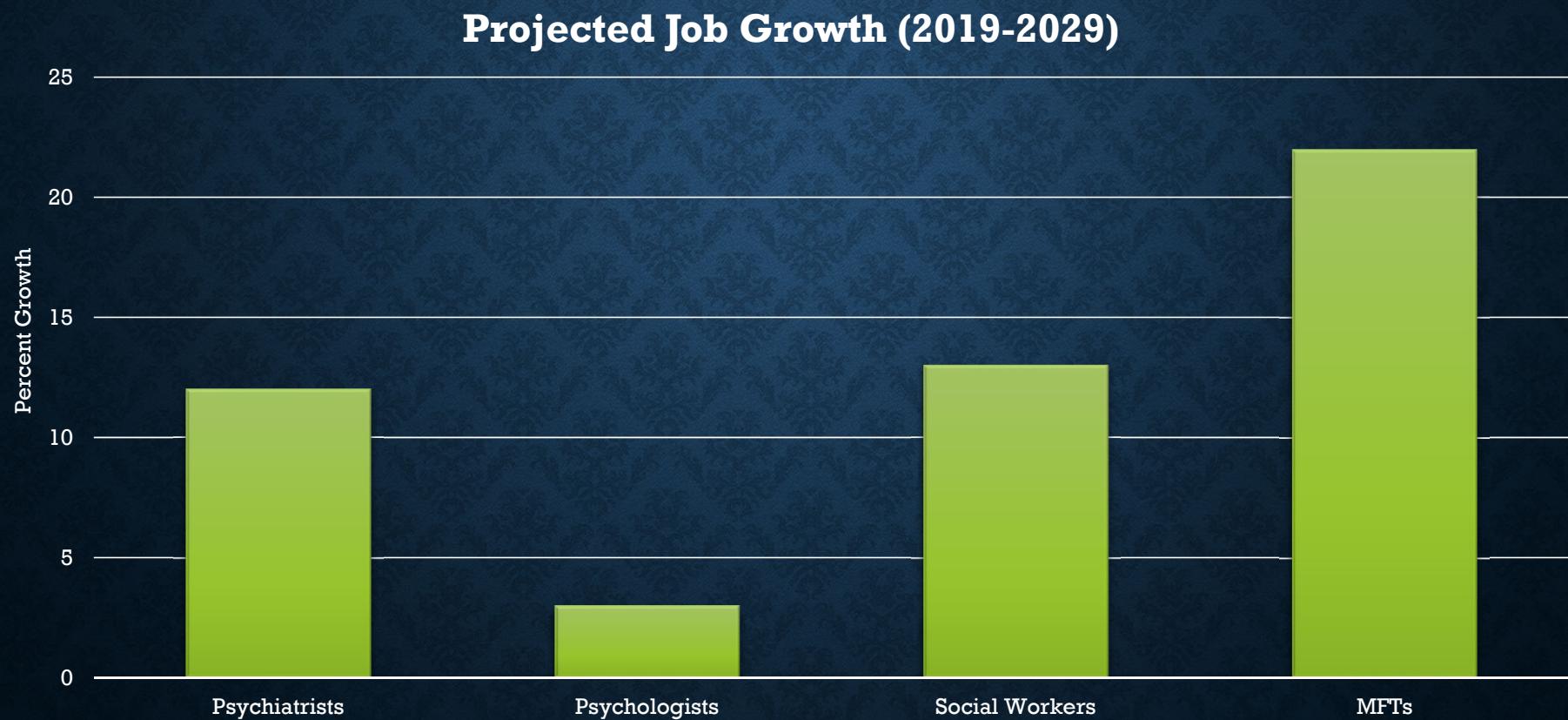
HOW MUCH MONEY DO YOU WANT TO MAKE?

Median Annual Salary (2021)



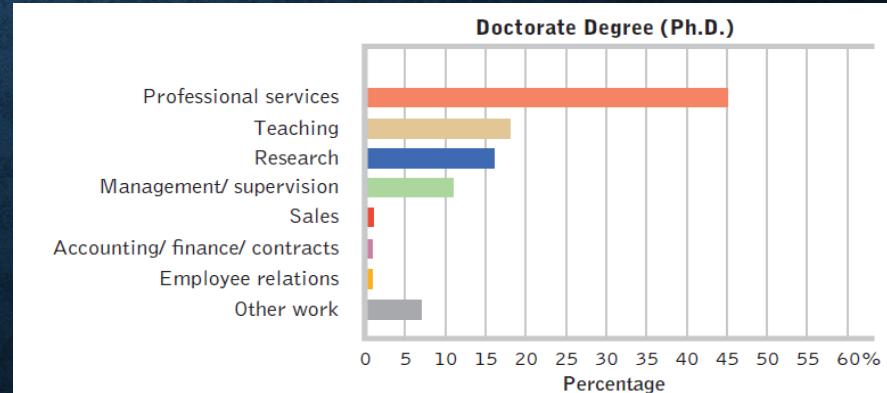
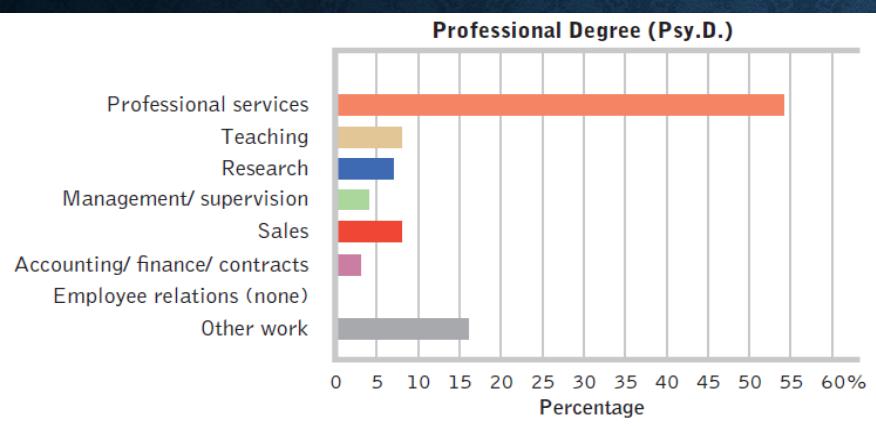
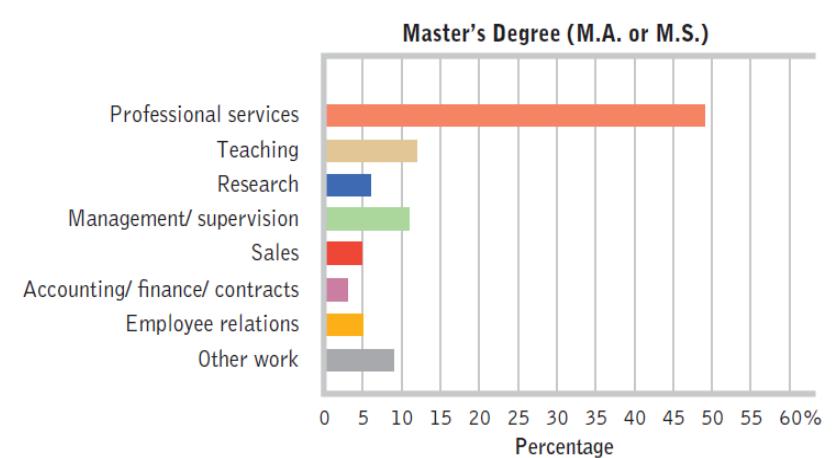
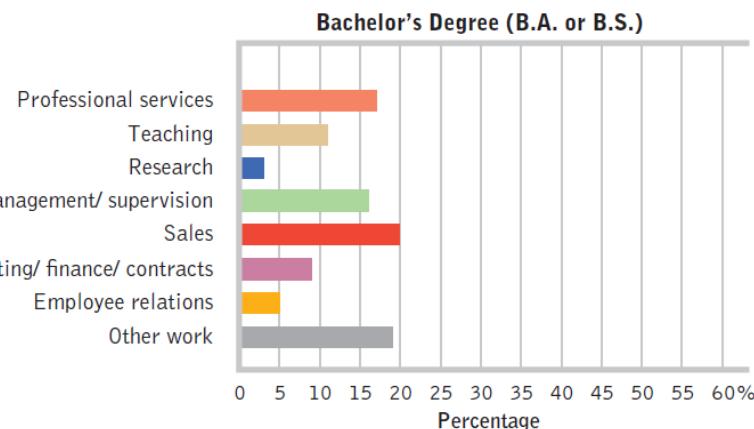
Source: <http://money.usnews.com/money/careers>

WILL YOU BE ABLE TO FIND A JOB?

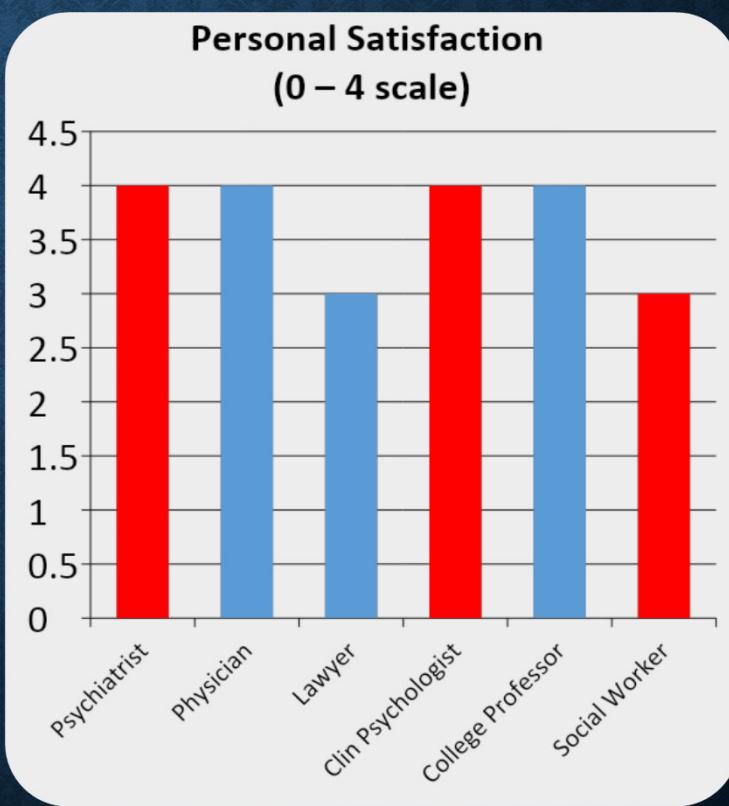
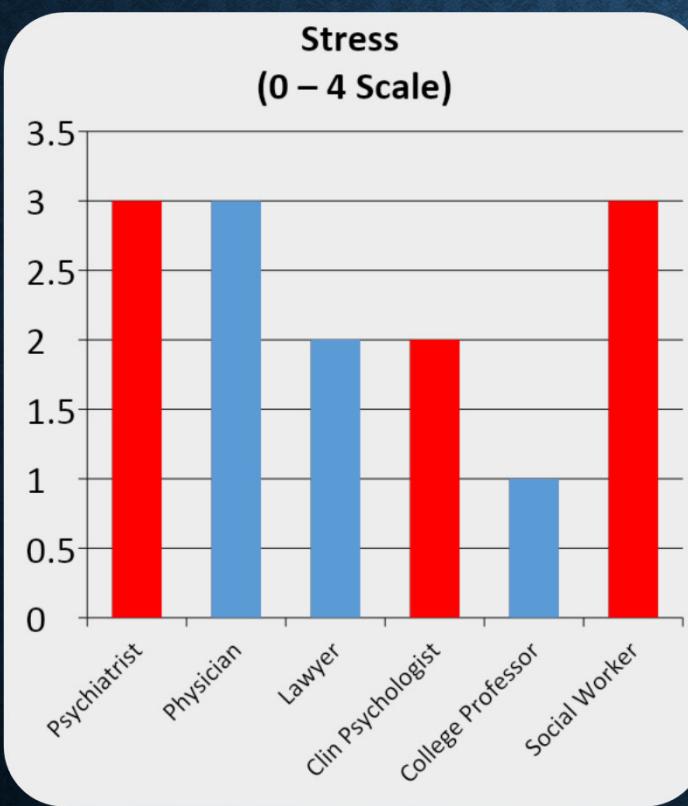


Source: Bureau of Labor Statistics

WHERE DO PEOPLE WORK WITH PSYCHOLOGY DEGREES?



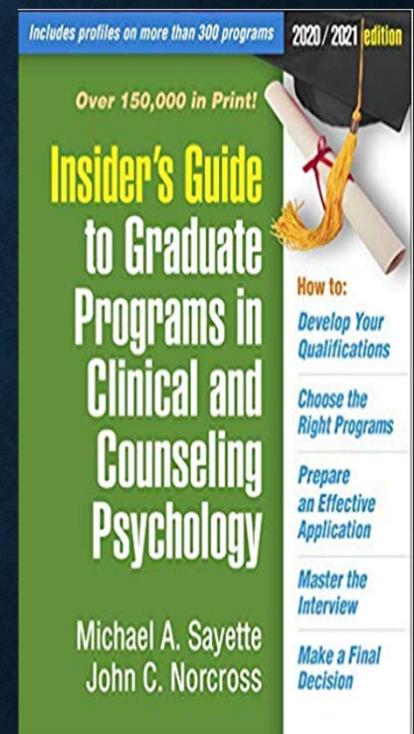
HOW MUCH JOB STRESS AND SATISFACTION DO YOU WANT?



Source: CNNMoney.com (2009-2010)

SELECTING YOUR GRADUATE SCHOOL

- Examine program rankings
 - Clinical Psychology: <https://www.usnews.com/best-graduate-schools/top-health-schools/clinical-psychology-rankings>
 - Social Work: <https://www.usnews.com/best-graduate-schools/top-health-schools/social-work-rankings>
- Examine the “*Insider’s Guide*” for detailed information on schools
 - https://fcaw.library.umass.edu/F/?func=direct&doc_number=017510296&doc_library=FCL01.
- Examine Department websites to determine mentor match (PhD programs)
 - You may be applying to a Professor rather than a school
 - Find out which faculty are taking students
 - Talk to current graduate students
- Check accreditation (APA or PCSAS)
 - <https://www.nationalregister.org/apply/credentialing-requirements/national-register-doctoral-degree-guidelines/>
 - <https://www.apa.org/ed/accreditation/programs>
 - <https://www.pcsas.org/accreditation/accredited-programs/>



https://www.amazon.com/Insiders-Graduate-Programs-Counseling-Psychology-ebook-dp-B07Z8NDDRB/dp/B07Z8NDDRB/ref=mt_kindle?_encoding=UTF8&me=&qid=1572728159

STUDY FOR AND TAKE GRE EXAM (IF NECESSARY)

TABLE 3-3. Minimum GRE Scores Preferred by APA-Accredited Clinical Psychology Programs

	Psy.D. programs	Practice- oriented Ph.D.	Equal-emphasis Ph.D.	Research- oriented Ph.D.	All programs
Preferred minimum score	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>
Quantitative scale	145	147	147	148	147
Verbal scale	155	158	158	160	158
Psychology subject test	542	601	581	605	587

Note. Adapted from Mayne, Norcross, & Sayette (1994) and Turkson & Norcross (1996).

TABLE 3-4. Average GRE Scores of Incoming Students in APA-Accredited Clinical Psychology Programs

	Freestanding Psy.D. programs	University- based Psy.D. programs	Equal- emphasis Ph.D.	Research- oriented Ph.D.	All programs
GRE scores	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>
Quantitative scale	—	148	151	152	151
Verbal scale	—	156	159	160	159
Analytical writing	—	4.7	4.9	5.1	4.9
Psychology subject test	—	644	669	683	672

Note. Adapted from Norcross, Ellis, & Sayette (2010).

APPLY TO GRAD SCHOOL

- Request transcripts and standardized test scores (if necessary)
- Update and prioritize your resume/CV
- Write (and re-write) “statement of purpose” and/or “personal statement”
 - Respond to specific school prompts
 - Mention potential mentors by name
 - Seek feedback on your draft statements prior to submission
- Request letters of recommendation in advance
 - Help letter writers by providing list of schools, deadlines, CV, draft statements
 - Academic letters from professors who know you well are most important
 - Professional letters from relevant employers are also acceptable
- Submit applications

HOPE FOR INTERVIEWS

- Practice-oriented programs generally require interviews before admission
- Interviews may be remote, in person, or both
- They are already interested in you but want to check interpersonal skills and match.
- Prepare
 - Talk to others who have recently been through the interview process
 - Review details about the interviewing school
 - Generate a few specific questions for them
- The “formal” interview
 - Determining and solidifying **the match**
 - Be as good in person as on paper
 - They want to know if you’ll reject their offer (if forthcoming)
- The “informal” social events
 - Not so informal after all

WHAT SCHOOLS LOOK FOR IN SELECTING YOU

Rank Ordered Selection Factors

- 1. Letters of recommendation**
- 2. Personal statement**
- 3. GPA**
- 4. Interview**
- 5. Research experience**
- 6. GRE Scores**
- 7. Clinical experience**
- 8. Work experience**
- 9. Extracurriculars**

WHAT COURSES SHOULD YOU TAKE AT SMITH?

TABLE 3-2. Undergraduate Courses Required or Recommended by APA-Accredited Clinical and Counseling Psychology Programs

Psychology course	Percentage of programs			
	Required	Choose among required	Recommended	All
Statistics	53	6	33	92
Research methods/design	37	9	27	73
Abnormal/psychopathology	32	3	28	63
Developmental/child	12	3	23	38
Personality	14	4	18	36
Physiological/biopsychology	8	5	22	35
Social psychology	7	4	17	28
Psychological testing/assessment	10	2	10	22
Learning and conditioning	4	6	11	21
Cognitive psychology	3	3	7	13
History and systems	2	1	10	13
Clinical/psychotherapy	4	1	3	8
Laboratory course	1	0	4	5
Field experience	3	0	2	5
Sensation and perception	0	1	2	3
Motivation and emotion	0	1	2	3
Multicultural/diversity	1	0	2	3

Note. Adapted from Norcross, Sayette, Stratigis, & Zimmerman (2014).

WHAT RESEARCH EXPERIENCES SHOULD YOU SEEK?

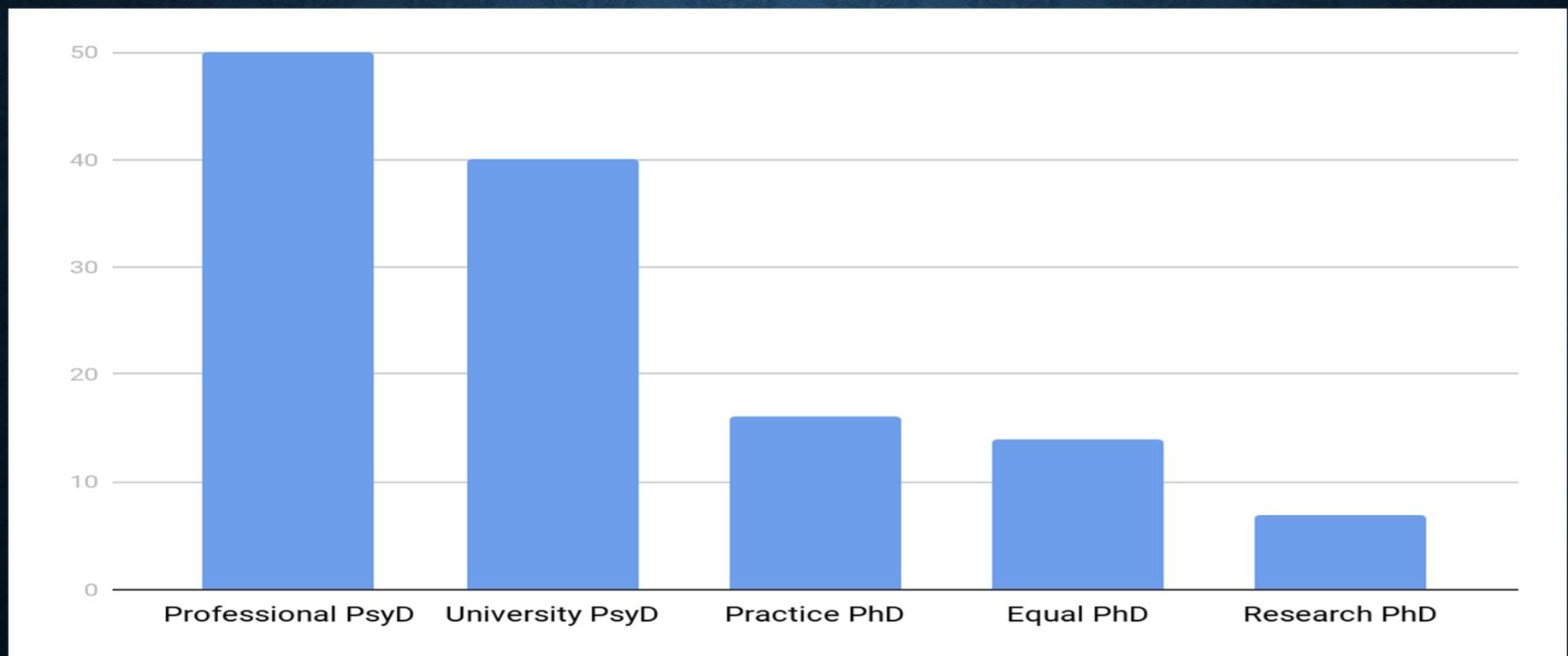
- **Learn Skills in Coursework (start early)**
 - Statistics, Research Methods, Research Seminars, CITI Training
- **Apply and Develop Skills in Faculty Research Group**
 - Conduct literature reviews (e.g., library databases, citation software)
 - Interact with research participants
 - Use specialized equipment or software (e.g., eyetracker)
 - Data entry, management, visualization, and/or analysis
 - Research presentations on campus or at conferences (co-authorship)
 - Research publications (co-authorship)
- **Possible Selection for Independent Research**
 - Special studies
 - Honors thesis (start early)
 - Summer internships (Praxis) or Jobs
- **Post-graduation Paid Research Position**
 - PhD programs often prefer students who have worked for 2 (or more) years as research assistants after graduation

WHAT CLINICAL EXPERIENCES SHOULD YOU SEEK?

- **Understand Diagnosis and Treatment via Coursework**
 - Intro Psychology, Abnormal Psychology, Evidence Based Practice
- **Understand of Professional Ethics and Basic Clinical skills via Coursework**
 - Practicum Seminar, Evidence Based Practice
- **Enhance Clinical and Interpersonal Skills via Volunteer or Paid Experiences**
 - Crisis hotlines
 - Peer counseling (e.g., **Residence Life**)
 - Homeless or domestic violence shelters (e.g., Safe Passage)
 - Summer camps (esp. for atypical youth)
 - Legal/probation offices
- PsyD and MSW programs may prefer that you have many years of clinical experience after undergrad but before applying.

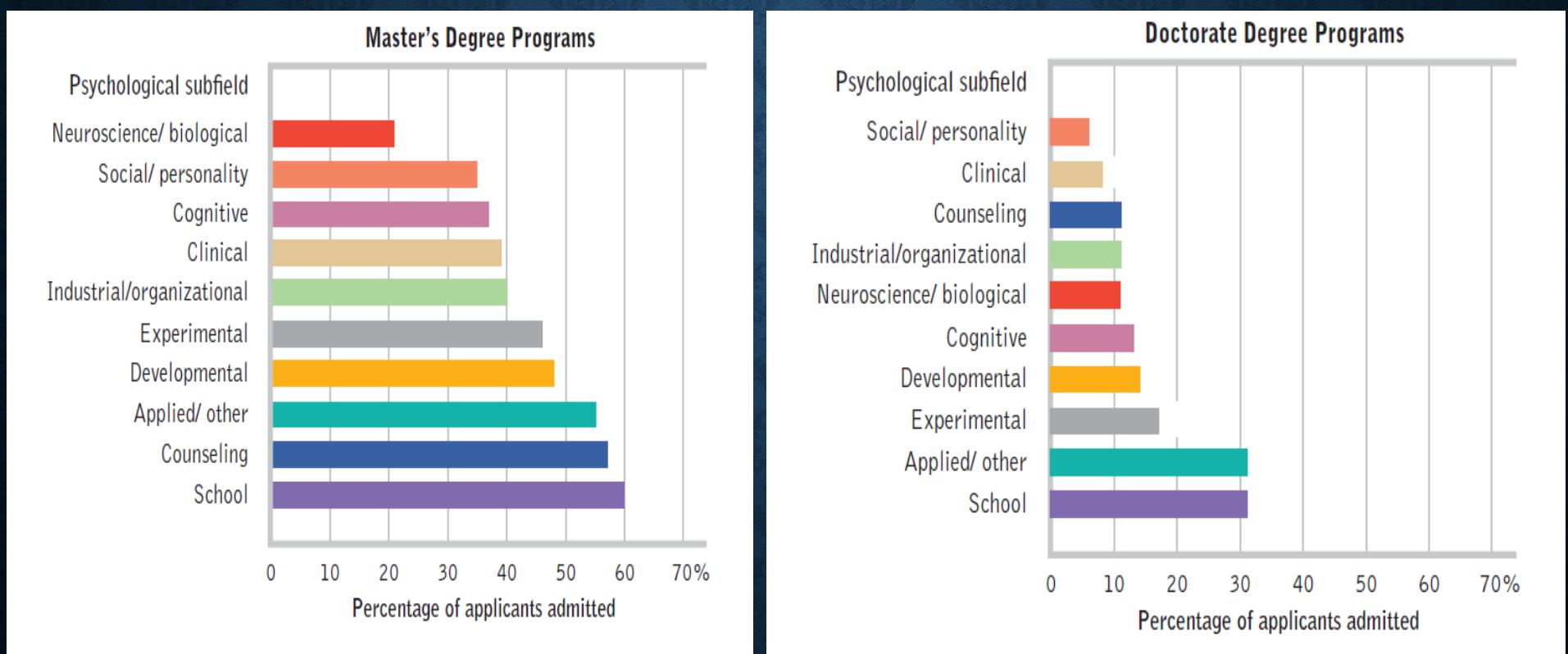
Acceptance Rate By Type of Doctoral Program

MA (approximately 70%); PhD: (10% per school but 50% overall)



Norcross, Ellis, & Sayette (2011).

ACCEPTANCE RATES FOR MASTER'S AND DOCTORATE PROGRAMS



ACCEPTANCE

- We accept you. Will you accept us?
- Save *your* hard questions for after you've been accepted.
- Negotiate to get what you want but don't be upset if you don't get it.
- Try to decide *before* the deadline. Others may be waiting...



REJECTION

- Admission usually occurs in annual cycles.
- Consider reapplying the following year after gaining additional research or clinical experience (or boosting exam scores).
- If rejected from doctoral programs you may still be able to apply to masters programs.



MONEY MATTERS



COST OF APPLYING

Estimated to cost at least \$1,000 to apply to 12 programs

Cost breakdown:

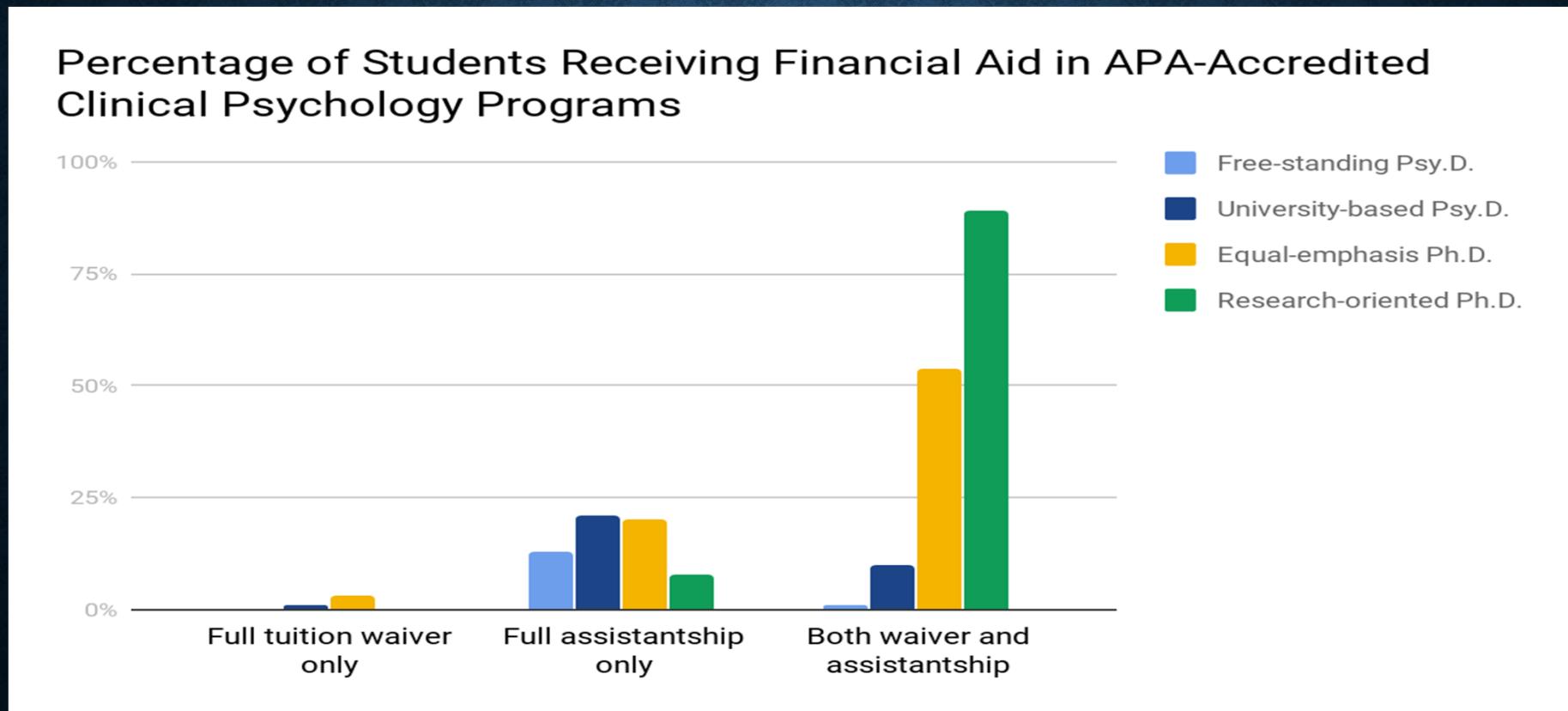
• Taking the GRE General & Subject Tests =	\$340
• Sending GRE scores to 12 schools =	\$216
• Forwarding transcripts to 12 schools =	\$120
• Application fees for 12 programs =	\$610
Total =	\$1,286

Doesn't include costs associated with interviews

GETTING IN VS. GETTING MONEY



THE MORE RESEARCH THE MORE FINANCIAL AID



Norcross, Ellis, & Sayette (2010).

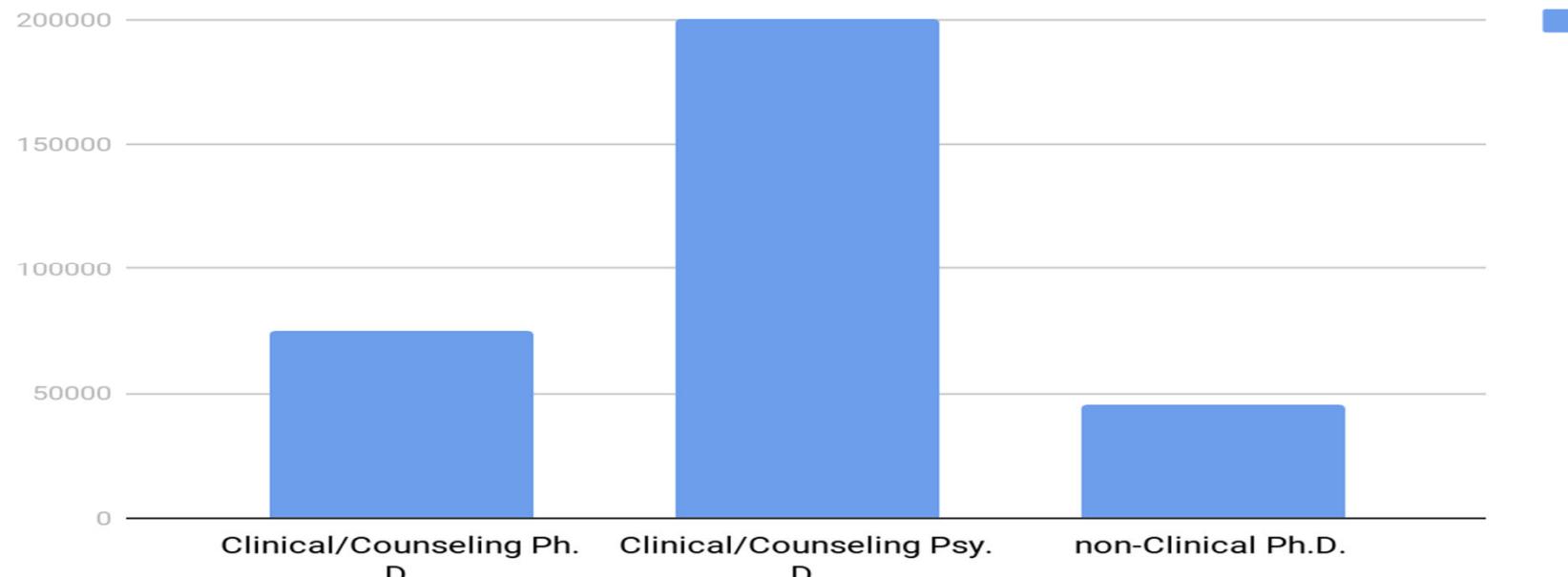
APPLY TO EXTERNAL FELLOWSHIPS

- **National Science Foundation Graduate Research Fellowship Program (GRFP)**
 - Only funds “basic” research projects
 - Stipend: \$34,000
- **American Psychological Association Minority Fellowship Program (MFP)**
 - Three Years
 - Stipend: Varies depending on federal budget
 - Travel to APA Conference
- **Ford Foundation Predoctoral Fellowship**
 - Three Years
 - Stipend: \$24,000
 - Expenses to Ford Conference of Fellows
 - Access to Ford Fellow Regional Liaisons
- **Others...**



STUDENT DEBT

Median Debt by Subfield and Type of Degree



American Psychological Association of Graduate Students (APAGS) survey of recent psychology doctorates in 2014; APA Center for Workforce Studies

WEBSITES WITH VALUABLE INFO

- Psi Chi: International Honor Society in Psychology
 - <https://www.psichi.org/default.aspx>
- American Psychological Association
 - <https://www.apa.org/about/students>
- Psych Web
 - <https://www.psywww.com/careers/index.html>
- Peterson's Grad School Search
 - <https://www.petersons.com/graduate-schools.aspx>
- GradSchools.com
 - <https://www.gradschools.com/>

PANELIST CONTACT INFORMATION

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