### How to Select a Graduate Program in Clinical Psychology

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UNC Diversifying Clinical Psychology Weekend - 2017

#### You have an offer(s)....now what??



#### Consider the research & clinical fit

- How interested are you in research?
  - Is your potential advisor (or program in general) doing the kind of research you want to do?
  - Are there opportunities to collaborate on other research projects?
- How interested are you in clinical work?
  - Will the program/geographic area provide you with access to the populations you are interested in working with?
  - Are there practica experiences that interest you?
- In general, how would the program fit your professional goals (i.e., what you want to do in the future)?

#### Consider the advisor

- Is your potential advisor doing research you are interested in?
  - Do your research on them!
    - Read recent articles
    - Check their website
    - Look at their CV
- How does the advisor's mentoring style & personality fit with you?
  - Talk with current grad students!
- Not like applying to undergrad
  - Looking at an advisor as much or more than the school

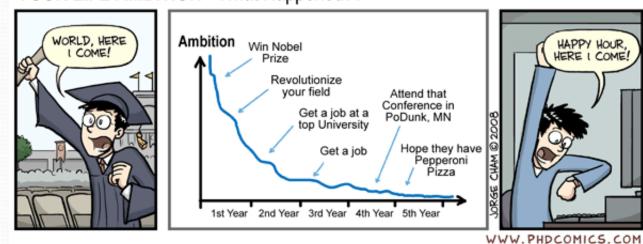
- Funding opportunities
  - RA/TA
  - Summer

# Consider the program

- "Track Record"
  - Mean graduation time
  - Internship placement rate
  - Accreditation
- What is the program's culture? The department's?
  - Collegial?
  - Sink or swim?
- Where is the school located?
  - Important to determine where YOU want to be for the next 5-6 years
  - Diversity of population in the region?
  - Cost of living

#### Consider....yourself!

- Look back from your notes at the interview...
  - How did it "feel"? What were grad students saying?
- In addition to professional goals, what are your personal goals, needs, philosophies?
  - How does the program fit within these? Your advisor?



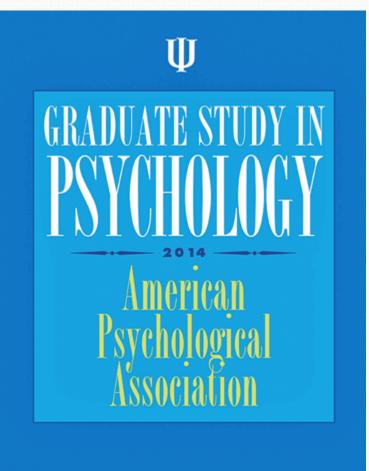
YOUR LIFE AMBITION - What Happened??

#### In the final analysis...

- Each program has its pros and cons
  - What differs from program to program?
  - Weighing the components is idiosyncratic
    - Don't underestimate the "Je Ne Sais Qua" factor
- What if I only get into one program & I don't like it?
- What if I don't get in?
  - Clinical psych is extremely competitive and sometimes requires multiple tries to get in

## Resources to guide you...

http://www.apa.org/apags/



Over 150,000 in Print Insider's Guide to Graduate Programs in **Clinical and** Counseling Psychology John C. Norcross Michael A. Sayette

includes profiles on more than 380 programs

How to: **Develop** Your Qualifications

2014/2015 Edition

Choose the **Right Program** 

Prepare an Effective Application

Master the Interview

Make a Final Decision

## Personal reflections on finding "the one"....



#### If you have additional questions...

- Faculty
  - Dr. Eric Youngstrom: <a href="mailto:eay@unc.edu">eay@unc.edu</a>
- Graduate Students
  - Matt Cohen: <u>cohenmj@unc.edu</u>
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