

GRADUATE SCHOOL FAQ

This infographic provides a brief overview of common graduate school questions, for more details please contact us at: culturelab@gmail.com

CHOOSING CLINICAL, COUNSELLING OR RESEARCH?

Clinical psychology: leads to licensure, with an emphasis on **assessment** and **evidence-based** research training (e.g.: culture and therapy) - academia

Counselling psychology: leads to licensure, overlaps with clinical but ideologically splits the difference between clinical and social work, with a **humanistic** approach based on **applied** research (e.g.: career planning, culture as an ideological commitment) - direct contact with people

Research: can be paired with the either options above



There is room in making your **own** path, you are not closing any doors by choosing clinical or counselling psychology

HOW TO CHOOSE PROGRAMS AND SUPERVISORS

Good schools, programs and supervisor are plenty, but the trick is in having a sense of what YOU like and what your constraints are. Think about geographical limits and preferences.

If you are able to, **apply widely** - this is the perfect opportunity to explore a new city, or a different part of your city! Remember, you will be staying in that city, that program, with that PI and students for 4-6years, at minimum.

How to research your school and program:

Look at department and faculty;

Find 15 places/programs and tackle it down;

Send emails to prospective supervisors to see if they are taking on students (Tip: as supervisors receive countless emails it might be best to email lab managers, when possible);

Attend grad school workshops/information sessions.

PREPARING TO APPLY

If your program requires it, have your GRE scores handy;

For research programs (including clinical programs) apply to Tri-Council Funding such as NSERC, SSHRC or CIHR;

Put together your statement of interest and your reference letters be sure to include what grants/funding you have secured!

Please refer to our "**Undergrad to Grad School Pathway**" infographic for further detail on these points!

GRADUATE STUDENT LIFE

Having a **burning question** is crucial to have the right mindset when stepping into graduate school.

Find an overarching **theme** or a **problem** that you cannot imagine not getting the answer to, this will provide you with a drive to put up with the hardships associated to grad school.

You will be able to refine that theme or problem into a thesis.



Be patient, so many people do not get in competitive programs their first time around. Don't give up, take a gap year, work on your CV and apply again!