Goals & Tips for Senior Year

- Continue to do independent research projects.
- Present at BURS, SURS, or a regional psychology conference.
- Take the GRE.
- Begin the process of applying to graduate school.
- Begin looking for jobs to gain some professional experience.

For more info…

Visit our department website at: www.belmont.edu/psychology

Find us on Bruin Link: Belmont Psychology Club/Psi Chi

Join our Facebook group: Belmont Psychology Club

Networking

Get to know the psychology professors well because they are a wonderful resource as it relates to receiving advice and getting strong letters of recommendation. This goes beyond introduction and a simple hello. They cannot write you letters of recommendation if they do not know you. Great letters of recommendation are given to students who have made themselves known.

“Take the time to educate yourself about each professor and their focus of study. Seek a professor who has knowledge in the same field in which you wish to study. Gaining their mentorship will be useful for personal and professional reasons, such as getting into graduate school. The process of learning is about so much more than studying and bookwork—it is also about feeling at home. You should feel a sense of purpose and belonging, and getting to know the department is the key to finding that.” –Jasmine Jarupat, Co-Vice President of Psychology Club

“Education is not just the filling of a pail; it is the lighting of a fire.” –B.F. Skinner, American psychologist

Produced by: Belmont Psychology Club/Psi Chi
**Goals & Tips for Freshman Year**

- Take initiative and introduce yourself to the professors and your fellow psych majors.
- Attend Psychology Club meetings whenever possible to stay plugged in about ways to become active in the department.
- If you are eligible, take Statistics for the Sciences (MTH 1151), a prerequisite for the imperative Research Methods course.
- Get to know the professors and let them know you. By the end of your freshmen year you should be confident that if you were to apply to graduate school now, you could name three professors who would be willing to write you strong letters of recommendation.
- Attend academic advising in the fall and spring semesters.

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**Goals & Tips for Sophomore Year**

- Take the Research Methods course to begin your learning of the process of research.
- Try to gain experience as a research assistant for an older student or a professor.
- Work hard to be eligible for Psi Chi
- Begin demonstrating interest in becoming a Psychology Club officer.
- Become a Bruin Recruiter and help promote the psychology department during Preview Days.
- If graduate school is a goal, begin the planning process now.

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**Goals & Tips for Junior Year**

- If possible, run for an officer position in Psychology Club.
- Take a practicum (internship) course.
- Begin taking practice tests for the GRE.
- Begin conducting independent research projects, and plan to present at BURS, SURS, or a regional psychology conference.
- Apply for summer internships or volunteer your services at a local clinic.

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*“Do not be intimidated when you hear faculty and students talking about research. Many times you can choose to study a topic that you are passionate about. And, as always, you have a lot of support from the psychology professors.” - Jade Tucker, Co-Vice President of Psychology Club*

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*“Even if you don’t think you have any chance of getting accepted, apply for internships. Not only do you get a chance to gain experience in the professional realm, but you also get to include this on your vita.” - Angie Melgar, former Psychology Club President*