

Planning Your Psychology Career

(A Suggested Timeline)

FRESHMAN YEAR

<u>FALL</u>	<u>SPRING</u>
<input type="checkbox"/> Get Yourself Situated At Monmouth	<input type="checkbox"/> Attend Psychology Club Events
<input type="checkbox"/> Take Introduction To Psychology	<input type="checkbox"/> Work on Your General Education Requirements
<input type="checkbox"/> Start Attending Psychology Club Events	<input type="checkbox"/> Meet with Your Advisor
<input type="checkbox"/> Meet with Your Advisor	<input type="checkbox"/> Start Learning About The Various Areas In Psychology
<input type="checkbox"/> Be A Participant In Research	

SOPHOMORE YEAR

<u>FALL</u>	<u>SPRING</u>
<input type="checkbox"/> Continue Reading About Careers In Psychology	<input type="checkbox"/> Refine Your Interests & Determine A Few Areas Of Psychology That Interest You Most
<input type="checkbox"/> Get Involved With Research (<i>Especially If You Plan On Going To Graduate School</i>)	<input type="checkbox"/> Get Involved With Research (<i>Especially If You Plan On Going To Graduate School</i>)
<input type="checkbox"/> Get More Involved In Psychology Club (committees, leadership positions, etc.)	<input type="checkbox"/> Continue Psychology Club Involvement
<input type="checkbox"/> Meet with Psychology Department Advisor to Discuss Interests and Possible Career Options	<input type="checkbox"/> Start Looking into Internship (ExEd) Possibilities that Fit Your Interests; consider volunteering
	<input type="checkbox"/> Apply To Psi Chi If You Meet The Requirements

JUNIOR YEAR

<u>FALL</u>	<u>SPRING</u>
<input type="checkbox"/> Gather Additional Information and Take Courses that Help You Further Determine Your Possible Career	<input type="checkbox"/> Solidify Your Future Direction Grad School? What type? In What? Career? In What?
<input type="checkbox"/> Get Involved With Research and explore presentation and publication opportunities	<input type="checkbox"/> Get Involved With Research and Attend Conferences, e.g. Eastern Psychological Association (EPA) Conference
<input type="checkbox"/> Continue Involvement In Psychology Club And Psi Chi Activities	<input type="checkbox"/> Continue Involvement In Psychology Club And Psi Chi Activities
<input type="checkbox"/> Do Psychology Related Volunteer Work (<i>Possibly As Internship</i>)	<input type="checkbox"/> Do Psychology Related Volunteer Work (<i>Possibly As Internship</i>)
<input type="checkbox"/> Begin Resume/Curriculum Vita	<input type="checkbox"/> Revise/Update Resume/Curriculum Vita
<input type="checkbox"/> Start Thinking About Potential Letter Of Recommendation Writers	<input type="checkbox"/> Begin Studying For GREs or Take the General GRE if you will need to take the GRE Subject Test in Psychology (often required for doctoral programs in Clinical Psychology)

SUMMER BETWEEN JUNIOR AND SENIOR YEAR

<input type="checkbox"/> Finalize Your Post-Graduation Plans
<input type="checkbox"/> Research Potential Graduate Schools
<input type="checkbox"/> Research Potential Jobs/Careers
<input type="checkbox"/> Do Psychology Related Volunteer Work (<i>possibly as internship</i>)
<input type="checkbox"/> Get Additional Research Experience
<input type="checkbox"/> Write a Draft of Your Personal Statement
<input type="checkbox"/> Study for and Take General GREs (if not completed)
<input type="checkbox"/> Complete ExEd
<input type="checkbox"/> Revise/Update Curriculum Vita

SENIOR YEAR

<u>FALL</u>	<u>SPRING</u>
<p><u>September</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Obtain materials from graduate programs. <input type="checkbox"/> Revise Personal Statement <input type="checkbox"/> Continue Research Involvement <input type="checkbox"/> Complete ExEd 	<p><u>February</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> If you aren't going to graduate school, begin looking for employment for after graduation.
<p><u>October</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Take Subject GRE in Psychology (if required) * You MUST register at least 1 month prior to your exam date <input type="checkbox"/> Ask professors for letters of recommendation (ask at least 4 weeks prior to your first deadline) 	<p><u>March</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Hear whether you were accepted by graduate programs. <input type="checkbox"/> Apply to additional graduate programs if necessary. <input type="checkbox"/> Attend Conferences like EPA
<p><u>November</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete Grad School Applications (PhD/PsyD) <input type="checkbox"/> Submit research to conferences 	<p><u>April</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Final preparation of curriculum vita and/or resume.
<p><u>December</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete Graduate School Applications (Masters Programs) <input type="checkbox"/> Collect letters of recommendation from letter writers <input type="checkbox"/> If possible, submit thesis for publication 	<p><u>May</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Attend outside research conference such as the one at Pace University Conference (ideally to present your thesis)
<input type="checkbox"/> Continue Research Involvement	<input type="checkbox"/> Continue Research Involvement
<input type="checkbox"/> Continue Involvement In Psychology Club And Psi Chi Activities	<input type="checkbox"/> Continue Involvement In Psychology Club And Psi Chi Activities
<input type="checkbox"/> Do Psychology Related Volunteer Work (<i>Possibly As Internship</i>)	<input type="checkbox"/> Do Psychology Related Volunteer Work (<i>Possibly As Internship</i>)