

Surviving Graduate School in Psychology: A Pocket Mentor for Students

Graduate school is a challenging but rewarding experience. It can also be a stressful time, especially for students who are new to the academic world. This article provides tips and advice for psychology students on how to survive and thrive in graduate school.

1. Know your program and your professors

One of the most important things you can do to succeed in graduate school is to get to know your program and your professors. This means attending orientation, meeting with your advisor, and taking the time to read the program handbook. It's also important to get to know your professors on a personal level. Attend office hours, ask questions in class, and participate in research projects. The more you know about your program and your professors, the better prepared you will be to succeed.

2. Develop good study habits

Graduate school is a lot of work, so it's important to develop good study habits. This means setting aside time each day to study, even when you don't have any assignments due. It's also important to find a study method that works for you and to stick to it. Some people prefer to study alone, while others prefer to study with a group. There is no right or wrong way to study, so find what works best for you and stick to it.

Surviving Graduate School in Psychology: A Pocket

Mentor by Tara L. Kuther

★★★★☆ 4.5 out of 5



Language	: English
File size	: 1449 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 269 pages



3. Get involved in research

One of the best ways to learn about psychology is to get involved in research. This could involve working on a project with a professor, volunteering in a lab, or conducting your own research. Research experience will not only help you to learn about psychology but it will also make you a more competitive applicant for jobs after graduate school.

4. Network with other students

Networking is important in any field, but it's especially important in graduate school. Get to know other students in your program, as well as students from other programs. Attend professional development events, join student organizations, and volunteer in the community. The more people you know, the more opportunities you will have to learn and grow.

5. Take care of your mental health

Graduate school can be a stressful time, so it's important to take care of your mental health. This means eating healthy, getting enough sleep, and exercising regularly. It's also important to find ways to relax and de-stress, such as spending time with friends and family, reading, or listening to

music. If you're feeling overwhelmed, don't hesitate to seek help from a counselor or therapist.

6. Don't be afraid to ask for help

Graduate school is a lot of work, and it's impossible to do it all on your own. Don't be afraid to ask for help from your professors, classmates, and advisors. They are all there to help you succeed, so don't hesitate to take advantage of their expertise.

7. Remember your why

It's easy to get caught up in the day-to-day grind of graduate school and forget why you started in the first place. Take some time to reflect on your goals and motivations. Why did you decide to go to graduate school? What do you hope to achieve? Keeping your why in mind will help you to stay motivated and focused throughout your graduate school journey.

Resources for graduate students in psychology

In addition to the tips and advice provided in this article, there are a number of resources available to help graduate students in psychology succeed.

These resources include:

- The American Psychological Association (APA): The APA offers a variety of resources for graduate students, including articles, webinars, and workshops.
- The National Association of School Psychologists (NASP): NASP offers a variety of resources for graduate students in school psychology, including scholarships, grants, and professional development opportunities.

- The Council of University Directors of Clinical Psychology (CUDCP): CUDCP offers a variety of resources for graduate students in clinical psychology, including a mentoring program and a job board.

Graduate school can be a challenging but rewarding experience. By following the tips and advice provided in this article, you can increase your chances of success. Remember, you are not alone on this journey. There are a number of resources available to help you succeed. So reach out for help when you need it, and never give up on your dreams.



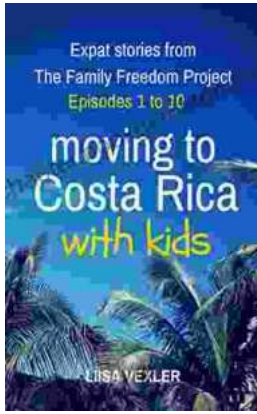
Surviving Graduate School in Psychology: A Pocket

Mentor by Tara L. Kuther

★★★★☆ 4.5 out of 5

Language : English
File size : 1449 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 269 pages





Moving to Costa Rica With Kids: A Comprehensive Guide for Families

Costa Rica is a beautiful country with a lot to offer families. From its stunning beaches and lush rainforests to its friendly people and...



Travels in False Binary: Exploring the Complexities of Gender Fluidity and Identity

In a world rigidly divided into male and female, those who defy these binary categories often find themselves navigating a complex and often...