

## ACADEMIC LIFE IS A HIGHWAY: HOW TO KICK YOUR GRADUATE ADMISSIONS PROCESS INTO HIGH GEAR

### ACADEMIC LIFE IS A HIGHWAY: HOW TO KICK YOUR CRADUATE ADMISSIONS PROCESS INTO HIGH GEAR



Chair: Julie Cristello, MS Florida International University Clinical Science Representative Topic: Preparing for an interview



Jeri Sasser, MA Arizona State University Developmental Psychology Representative Topic: Contacting potential advisors



Lauren Girouard Hallam, MA, MS University of Louisville Cognitive Psychology Representative Topic: Selecting a program



Eleni Kapoulea, MS University of Massachusetts, Amherst Biopsychology Representative Topic: Writing a personal statement and diversity statement

#### APA 2022 Convention, August 6<sup>th</sup>, Emerging Leader Network Space



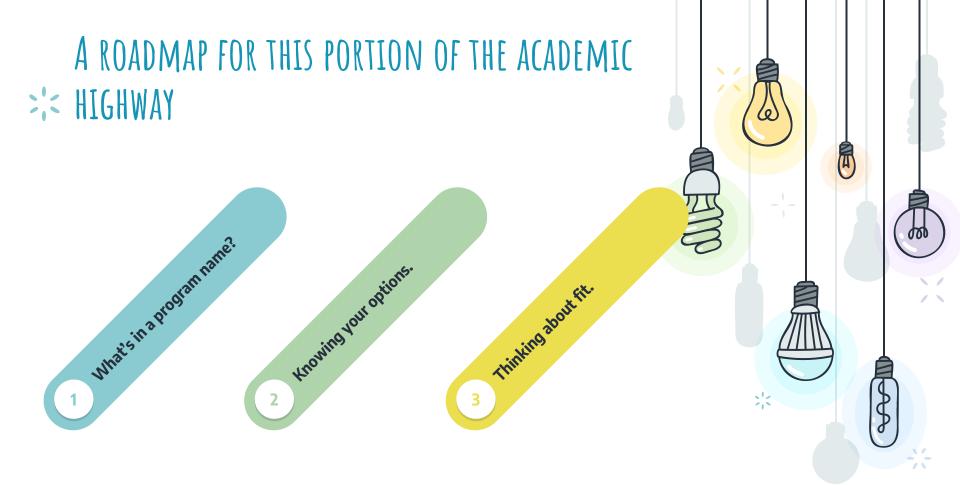
## SELECTING A PHD PROGRAM

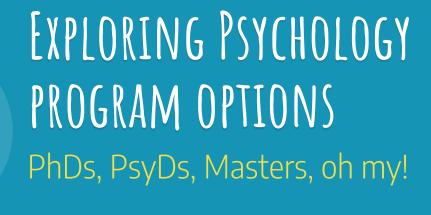
## HELLO!

I am Lauren Girouard-Hallam, MA, MS I am a cognitive and developmental psychologist.

You can find me on Twitter at @LaurenGirouard1 and by emailing lauren.girouard@louisville.edu







\*







## PHDS

Have a passion for statistics, a desire to be mentored, and empirical curiosity?





## PSYDS

Have the desire to work in the field with a specific population but want doctoral training with looser mentorship and research criteria?





## MASTERS

Looking for a shorter duration, more flexible option with plenty of ways to work with and help communities?

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## WHERE TO LOOK FOR ALL THOSE OPTIONS Navigating potential openings and opportunities.



### **CONTINE SEARCHES**

#### **Psychology Grad School Wiki** for prospective psych grad students

Phd 2022

Being the largest group, the PhD programs have been broken down by area. Please visit the different area pages below.

Clinical & Counseling Cognitive and Cog Neuro Developmental Educational Health Human Factors & Engineering Psychology Industrial/Organizational Learning & Behavior Neuro & Bio Quantitative Social & Personality Open Area & Other

#### **Developmental 2022**

Arizona State University Developmental Psychology Program (Recruiting Faculty: <u>Ha</u>, <u>Infurna</u>, <u>Lemery-Chalfant</u>, <u>Lucca</u>, <u>Su</u>) Topics: development of romantic relationships and adjustment, twin, molecular genetic, and epigenetic studies of risk and resilience, the developmental and evolutionary foundations of human cognition, curiosity, and communication, and how genetic and environmental factors contribute to the development of alcohol use disorders with a focus on racial/ethnic minority adolescents and young adults, healthy aging and resilience; Apply at [<u>https://bsychology.asu.edu/developmental</u>]; deadline 12/6/21.

Candidates from underrepresented backgrounds are encouraged to apply. Join us for an informational webinar on <u>Thursday, October 14th at 9 AM MST</u>, or <u>Friday, October 22 at 12 PM MST</u>

Auburn University (Thomas Fuller-Rowell; Health Equity Research Lab; health disparities across the life span, social determinants of health, the impact of rising inequality on developmental pathways, stress physiology/biomarkers; Apply to <u>Human Development and Family Science MS/PhD program</u>; deadline 1/7/21; students accepted into the program are offered funding and tuition remission)





Home // Div	7 // Student/Early Career R	esources // Graduate Programs in	Developmental				
LEADE	RSHIP N	EWS & EVENTS	AWARDS	STUDENTS / CAREERS	PUBLICATIONS	MEMBERSHIP	ABOUT
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APA.org	APA Style APA Ser	vices Divisions					Help Log Ir

### Graduate programs in developmental psychology

Div. 7's goal in making this information available is to assist prospective graduate students in identifying those programs which are best suited to their pursuit of research and applied professional work related to human development.

#### California

California State University-Los Angeles  • Child and Family Studies	California State University Northridge  • Child and Adolescent Development	California State University- Sacramento  • Child and Adolescent Development		
California State University-Stanislaus  • Child Development	Stanford University Developmental Psychology	University of California–Berkeley  • Developmental Psychology		
University of California–Davis  Dept. of Human and Community Development, Human Development Graduate Group  Dept. of Psychology, Developmental Psychology	University of California–Irvine  • Dept. of Psychology and Social Behavior, Developmental Psychology	University of California–Los Angeles <ul> <li>Developmental Psychology</li> </ul>		
University of California–Merced	University of California–Riverside	University of California–Santa Cruz		



Log In

ABOUT

# 3

### **TRYING IT ON FOR SIZE** What to consider when you're considering grad school.



## **SIX FACTORS TO MULL WHEN CHOOSING A PROGRAM**

#### Size

What programs exist in the department? How many students are in your potential mentor's lab? What is the average class size?

#### Balance

Do you get the mix of teaching, research, and clinic time you're looking for? What alumni outcomes can you see?

#### Cost

Is your stipend (if there is one) 9-months or 12-months long? How does it stack up to the cost of living? What granting opportunities are apparent?

#### Quality of Life

Do you want to live where the program is located? Does the school, city, state, and country offer non-academic advantages?

#### Duration

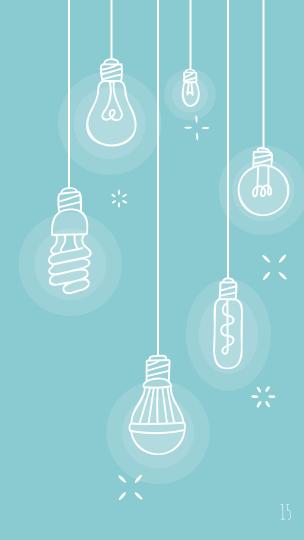
How many years will you be in school? How many years is funding guarenteed, if any?

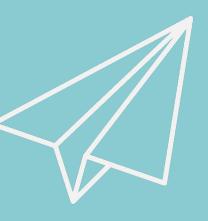
#### Resources

What kind of connections will you get by entering into this program? What program or school wide resources does the department offer? A

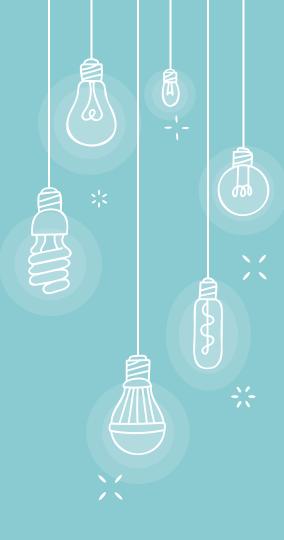
**Any questions?** You can find me at:

--- @LaurenGirouard1--- lauren.girouard@louisville.edu





## CONTACTING PROSPECTIVE MENTORS/LABS

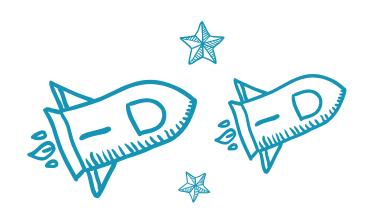




About Me / My Trajectory

- Jeri Sasser, M.A. (she/her/hers)
- + 4<sup>th</sup> year Developmental Psychology PhD student at ASU
- -- Developmental Psychology representative on APA Science Student Council (SSC)
- -- Connect with me! Email: jeri.sasser@asu.edu Twitter: @JeriSasser









#### Finding Prospective Mentors



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Online Searches, Social Media, and other Virtual Platforms

APA Division Pages/Professional Membership Groups

Published Papers / Literature

Recommendations From Current Mentor/Supervisor (if applicable)





#### **Finding Prospective Mentors**



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Online Searches, Social Media, and other Virtual Platforms

APA Division Pages/Professional Membership Groups

#### Published Papers / Literature

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Recommendations From Current Mentor/Supervisor (if applicable) J Youth Adolescence (2015) 44:389–404 DOI 10.1007/s10964-014-0150-7

EMPIRICAL RESEARCH

Multi-method Assessments of Sleep over the Transition to College and the Associations with Depression and Anxiety Symptoms

Leah D. Doane) Jenna L. Gress-Smith · Reagan S. Breitenstein

L. D. Doane (⊠) · J. L. Gress-Smith · R. S. Breitenstein Department of Psychology, Arizona State University, P.O. Box 871104, Tempe, AZ 85287-1104, USA e-mail: Leah.Doane@asu.edu





#### Finding Prospective Mentors



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Online Searches, Social Media, and other Virtual Platforms

APA Division Pages/Professional Membership Groups

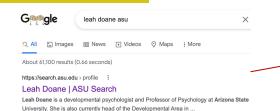
Published Papers / Literature

Recommendations From Current Mentor/Supervisor (if applicable) If you're working with a faculty mentor, clinical supervisor, or have connections with other faculty, consider asking them for their recommendations on potential programs or faculty members that they see being a good fit based on your interests!



## So, you've identified a faculty mentor of interest... now what?

#### **Step 1:** Search for the faculty mentor



**Step 2:** Read a bit more about the faculty member, their current research, and if this would be a good fit based on *your* current and future research interests



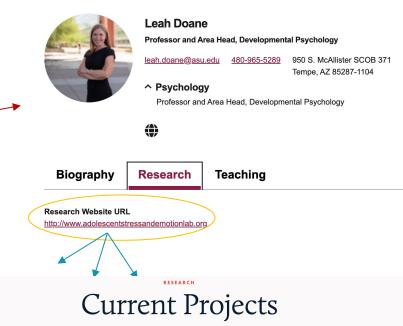
#### Leah Doane, Ph.D.

#### PRINCIPAL INVESTIGATOR

Leah Doane is a developmental psychologist and Professor of Psychology. She is also currently head of the Developmental Area in the Department of Psychology. Dr. Doane received her Bachelor's Degree in Psychology from Cornell University and her Masters and Ph.D. in Human Development and Social Policy from Northwestern University. She also completed a postdoctoral appointment at University of Chicago in Psychiatry and Behavioral Neuroscience. Dr. Doane investigates the physiological mechanisms underlying developmental psychopathology and every day stressful experiences in childhood, adolescence and young adulthood. She has training in human development and developmental psychophysiology with expertise in collecting, measuring and modeling physiological markers of stress in both lab and naturalistic settings including measures of the hypothalamic pituitary adrenal axis activity and objective sleep.

#### 2022

- Lecarie, E. K., Doane, L. D., Clifford, S., & Lemery-Chalfant, K. (2022). The onset of pubertal development and actiaraphy-assessed sleep during middle childhood: Raci and genetic effects. Sleep Health, 8(2), 208-215.
- Rea-Sandin, G., Breitenstein, R. S., Doane, L. D., Vakulskas, E., Valiente, C., & Lemery-Chalfant, K. (2022). Early Life Socioeconomic Differences in Associations between Childhood Sleep and Academic Performance. Journal of Applied Developmental Psychology, 79, 101392.
- Sasser, J., Lecarie, E. K., Gusman, M. S., Park, H., & Doane, L. D. (2022). The multiplicative effect of stress and sleep on academic coanitions in Latino colleae students. Chronobiology international, 39(3), 346-362.





Dr. Doane is one of the contributing PIs of the Arizona Twin Project and collaborates with Dr. Kathryn Lemery-Chalfant (founder and PI of the Arizona Twin Project) and Dr. Mary Davis (contributing PI). The Arizona Twin Project is an ongoing longitudinal study designed to elucidate gene-environment interplay underlying the development of risk and resilience to common mental and physical health problems during infancy, childhood, and adolescence. The overarching goal of the Arizona Twin Project addresses a central developmental question - how resilience (the capacity to bounce back following adversity) develops and affects the impact of early risk on child physical health and common mental health disorders such as attention deficit hyperactivity disorder, conduct problems, anxiety, and depression. The Arizona Twin Project spans individual, family, neighborhood, and sociocultural levels of analysis, with an emphasis on sleep, pain, physiological stress processes, mental and physical health, and academic competence, Importantly, our ethnically (>31% Latinx) and socioeconomically diverse sample is representative of the state of Arizona, thus affording the opportunity to consider the role of culture in the etiology of various child outcomes. In sum, the Arizona Twin Project utilizes behavior genetic methods in order to understand risk and resilience processes that promote healthy development.

Dr. Doane is PI of the Transiciones study. Latinos have made large strides in higher education and are now the largest minority group at four-year institutions, but substantial inequalities continue to persist for this group. The transition to college is a critical juncture during which daily experiences (e.g., discrimination), family obligations, and changing life stressors (e.g., academic demands) may influence adjustment and subsequent academic success for Latino youth. Most prior research has only examined Latino youth after they arrive at an institution and has largely ignored day-to-day changes in health (stress hormones, sleep or alcohol use) and perceived stressors that may influence subsequent academic trajectories. In order to address these gaps, the Transiciones study was designed to answer two primary research

**Step 3:** If you determine that the faculty mentor is a good fit based on interests, current projects, and any other info. that is important to you, **check if they have any information about recruitment!** 

**Step 4:** Start preparing an email\* to this faculty mentor introducing yourself, your research interests, and attaching your CV!

\*typically, aim to do this August-October, or at the very least 1-3 months before the application deadline

### Graduate and Undergraduate Students

#### Graduate Students

Dr. Doane will be reviewing applications for the admission of a graduate student for Fall 2023. Woohoc

Now, how to go about sending those emails...

### EXAMPLE:



#### Leah Doane

Professor and Area Head, Developmental Psychology, Psychology

480-965-5289

#### leah.doane@asu.edu

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 950 S. McAllister SCOB 371
 Mail code: 1104

 Tempe, AZ 85287-1104
 Campus: Tempe

#### Long Bio

Leah Doane is a developmental psychologist and Professor of Psychology at Arizona State University. She is also currently head of the Developmental Area in the Department of Psychology. Dr. Doane received her Bachelor's Degree in Psychology from Cornell University and her Masters and Ph.D. in Human Development and Social Policy from Northwestern University. She also completed a postdoctoral appointment at the University of Chicago in Psychiatry and Behavioral Neuroscience. Dr. Doane investigates the physiological mechanisms underlying developmental psychopathology and everyday stressful experiences in childhood, adolescence and young adulthood. She has training in human development and developmental psychophysiology with expertise in collecting, measuring and modeling physiological markers of stress in both lab and naturalistic settings including measures of the hypothalamic pituitary adrenal axis activity and objective sleep. Through numerous collaborations, Dr. Doane also incorporates culturally-and genetically informed designs for studying daily associations among socio-emotional experiences, physiology and sleep in the prediction of subsequent health and academic achievement. Further, her newest program of research focuses on these processes in Latino youth and families. Dr. Doane is currently a William T. Grant Foundation Scholar and is funded by the foundation, as well as the Helios Education Foundation, for her work examining cultural influences on the Latino transition to college. She is also supported by the National Institutes for Health (NICHD) for a study examining the social and genetic contributions to children's sleep, health and academic success. Finally, she currently serves as co-PI on an Army Research Institute for the Behavioral and Social Sciences (ARI) grant on cultural identities.

#### Determine Your Connection!

Why is it that you're interested in working for this faculty mentor? Is there a way you can connect your own experiences and interests in your email?

#### "Hello Dr. Doane,

[Brief Introduction]. I am familiar with your research examining objective sleep and stress across adolescent development. I have experience working with objective sleep (e.g., FitBit) through my work with XYZ lab."

### EXAMPLE:

#### RESEARCH

#### **Current Projects**



Dr. Doane is one of the contributing PIs of the Arizona Twin Project and collaborates with Dr. Kathryn Lemery-Chalfant (founder and PI of the Arizona Twin Project) and Dr. Mary Davis (contributing PI). The Arizona Twin Project is an ongoing longitudinal study designed to elucidate gene-environment interplay underlying the development of risk and resilience to common mental and physical health problems during infancy, childhood, and adolescence. The overarching goal of the Arizona Twin Project addresses a central developmental guestion - how resilience (the capacity to bounce back following adversity) develops and affects the impact of early risk on child physical health and common mental health disorders such as attention deficit hyperactivity disorder, conduct problems, anxiety, and depression. The Arizona Twin Project spans individual, family, neighborhood, and sociocultural levels of analysis, with an emphasis on sleep, pain, physiological stress processes, mental and physical health, and academic competence. Importantly, our ethnically (>31% Latinx) and socioeconomically diverse sample is representative of the state of Arizona, thus affording the opportunity to consider the role of culture in the etiology of various child outcomes. In sum, the Arizona Twin Project utilizes behavior genetic methods in order to understand risk and resilience processes that promote healthy development.

More detailed info. and examples on email templates provided in handout!

#### Show You Did Your HW, Pinpoint Fit!

If the faculty member has an updated website, reference their current projects and why you would be interested in working on these!

#### "Hello Dr. Doane,

[Brief Introduction]. I am familiar with your research examining sleep in the prediction of health behaviors during adolescence. I have experience working with objective sleep (e.g., FitBit) through my work with XYZ lab.

I was particularly interested in the Arizona Twin Project, due to \_\_\_\_\_

- "my undergraduate research studying..."
- "the longitudinal assessment of sleep..."
- "my interest in behavioral genetics..."

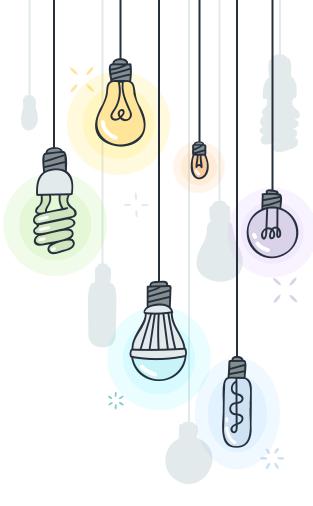
### HOW ELSE TO PREPARE / STAY IN THE LOOP?

--- Consider joining Academic Twitter!



#### -- Why?

- -- Access newly created **resources**, PhD application openings, and job openings
- --- View and participate in live discussions, debates, and Q&As on topics relevant to your area of research
- --- See how current students interact with one another and with professionals in the field



## EXAMPLES OF ACADEMIC TWITTER RESOURCES

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@HDFSatUGA

HDFS is hosting the following open houses for future PhD students:

1. Dr. Futris and Dr. Koss on Th. Oct 21, 4-5pm

2. Drs. @AssafOshri, O'Neal, & Brown on Fri, Oct 22, 12-1pm

3. Drs. Caughy, Kogan, & Card on Wed, Nov 10, 12-1pm

To register see below link

## **OPEN HOUSE**

Dr. Ted Futris and Dr. Kalsea Koss Thursday, October 21 | 4-5 PM

Dr. Assaf Oshri, Dr. Catherine Walker O'Neal, and Dr. **Geoffrey Brown** Friday, October 221 12-1 PM

Jessica Schleider @JSchleiderPhD · Jul 13 Hi all

@CraigAnthonyRS and I have publicly shared the personal statements that helped get us into clinical psychology PhD programs.

If you'd like us to include your statement too, complete the Google Form linked in our doc!

#### docs.google.com/document/d/11v...

Craig Rodriguez-Seijas (he/him/his) @CraigAnthonyRS · Jul 13 @JSchleiderPhD and I have begun compiling a document with the aim of providing applicants with personal statement examples.

Anyone interested in contributing is welcome to contact me!

Please share with whomever can benefit from this

docs.google.com/document/d/11v...



Applying to Developmental Psychology PhD programs this cycle? Check out @ASUPsych! Recruitment webinars will be hosted on Thu (10/14) and Fri (10/22). Happy to answer any questions about the program 😊



The faculty and students in the Developmental Psychology PhD program aim to understand and improve the lives of infants, children, adolescents, young adults and of those entering the late-life years. Through the innovative combination of community-embedded basic science and interventions, as well as experimental methods, the Developmental Psychology program offers unique opportunities for students to build both skills and relationships across the university and local communities.



Organized by love, developed with

passion, and open to the community for FREE, Psychin' Out's application

boot camp is back for another

application cycle!

This event will share a series of presentations and panels that guide

members through each step of the graduate application process,

offering applicable resources for

Ph.D./Psy.D. hopefuls and aspiring

researchers!

Outside of presentations, we will be

offering writing groups after the

series to build communities and work on application materials together.

f you are seeking direct mentorship,

we'd recommend you to check out the

Psychin'Out Slack Group (https://psychinout.slack.com/),

where you would find more

opportunities to connect and network

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(Participants will be notified about the dates and time after the workshop series.)



WHERE YOU BE PAIRED UP WITH A CURRENT DOCTORAL STUDENT OF SIMILAR RESEARCH INTEREST

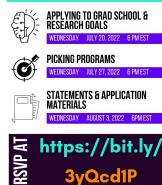
THEMED PRESENTATIONS

RESOURCES AND INSIGHTS

(Sian up: bit.lv/3xxnC6K)

The mission of this series is for people to progress and strengthen their application in Fall 2022 for Fall 2023 admission/enrollment.

#### MARK YOUR CALENDAR...



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## WRITING YOUR PERSONAL & DIVERSITY STATEMENT

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## UMass Amherst





Name: Eleni A. Kapoulea Ph.D. Candidate (rising 4<sup>th</sup> year)

Program: Clinical Psychology with a Specialization in Neuropsychology

## PERSONAL STATEMENTS

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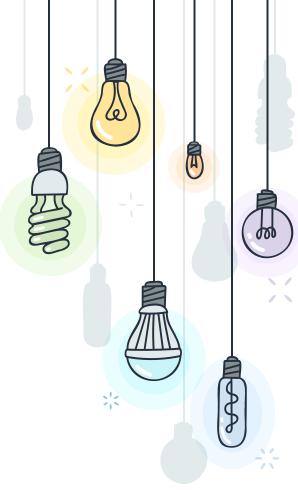
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## **Constant Statement**

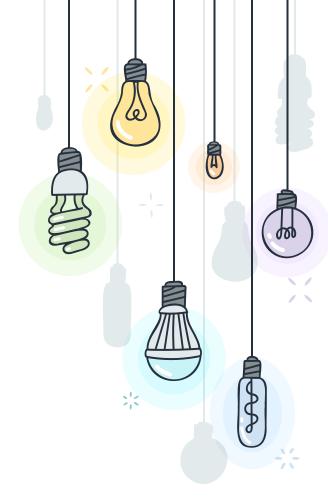
Personal Professional Statement
+ Formal, longer cover letter

- ⊹ Concise (≈ 3 single-spaced pages max)
- + Goal: Show that you're an excellent fit for the program



**>:<** #1: WHY ARE YOU APPLYING?

- + What programs are you applying to? Why?
  - Clinical Science Ph.D.?
  - Doctoral Program (not clinical)?
  - Professional Doctorate (Psy.D.)?



## >:< #2: WHAT EXPERIENCE HAS LED YOU TO APPLY?</pre>

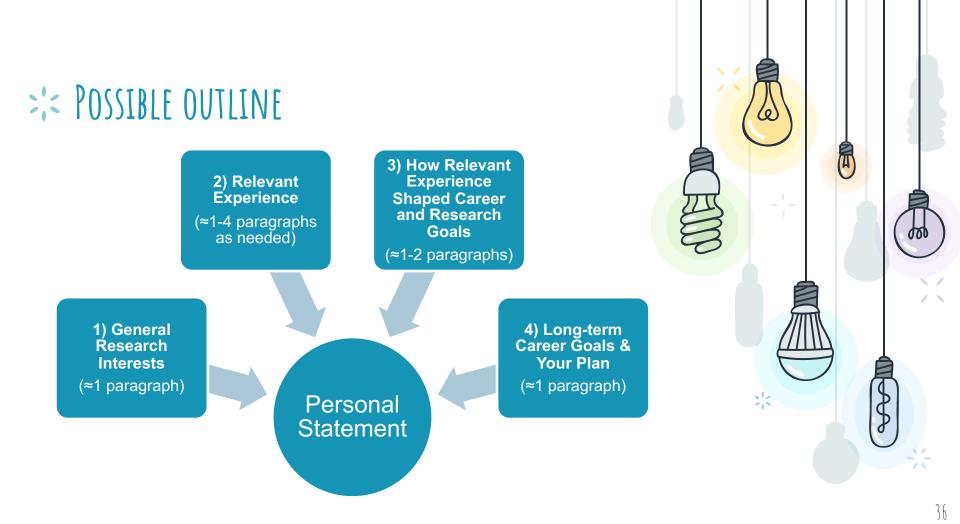
- --- "Fit" with the program
  - × Academic, Clinical, Research Experience
  - × Ph.D. programs
    - Research match = #1!
    - Lab experience, conference presentations, publications, fellowships



44 Though I appreciated and grew from my previous experiences, I realized that I desired more control in not only contributing to the methodological process of designing a study, but also choosing what research questions to ask and pursue.







# DIVERSITY STATEMENTS

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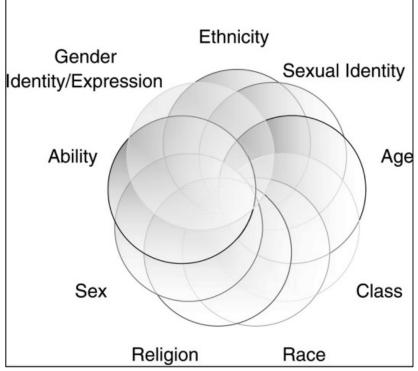
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## **CIVERSITY STATEMENTS**

- + Explains your experiences and commitment to diversity, equity, and inclusion
- + ~ 1 page in length



## **SAIC OF IDENTITY**



Developed by Camille O' Bryant. From: *Teaching for Diversity and Social Justice,* 2<sup>nd</sup> Edition, Routledge, 2007. A

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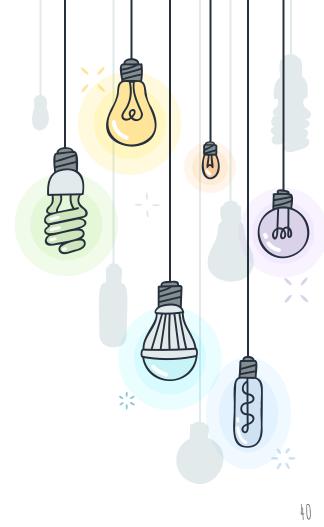




Personal & Academic Experiences Values Related to Diversity Experiences Working with Diverse Populations



Future Plans Related to Inclusivity



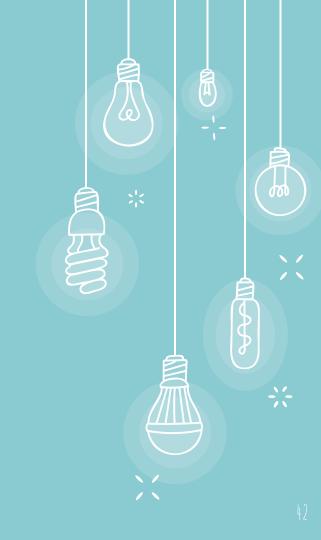
## **>:**< FINAL THOUGHTS

- + Adhere to the prompt+ Use your resources!
  - × Professors, PIs, grad students
- + Proofread



**Any questions?** You can find me at:

+ ekapoulea@umass.edu





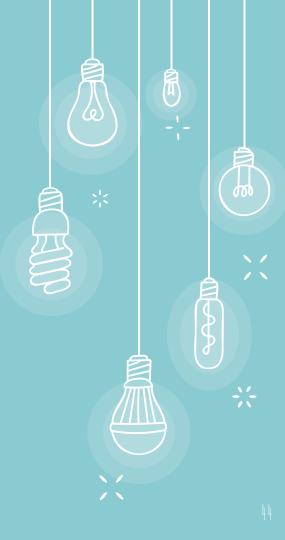
# PREPARING FOR YOUR INTERVIEW



# HELLO!

### Julie V. Cristello, MS

Florida International University Clinical Science Rep, APA SSC @Julie\_Cristello | jcristel@fiu.edu



## >:< INTERVIEW TIMELINE

## Scheduling

You will begin to hear from programs/faculty as early as December.

### Interview Dates

Interviews will occur from January through March.

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# >:< GENERAL OVERVIEW: FORMAT</pre>

- Hybrid in person and remote
   1-2 days of interviews with faculty, current students, and staff
  - --- Meals
  - -- Interviews
  - + Social events

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## >:< INTERVIEW PREP

#### 01

#### 02

Develop a document that you can reference during your interview day(s). Review abstracts from faculty that you're interested in working with. 03

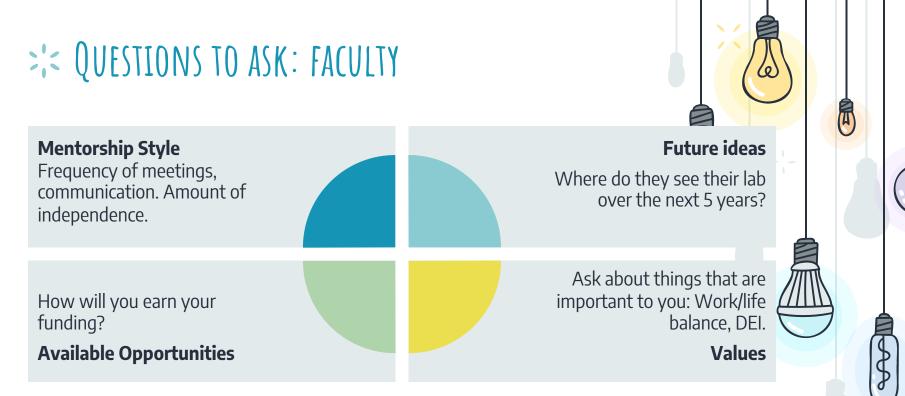
Practice your "elevator pitch" regarding program fit and your research interests.

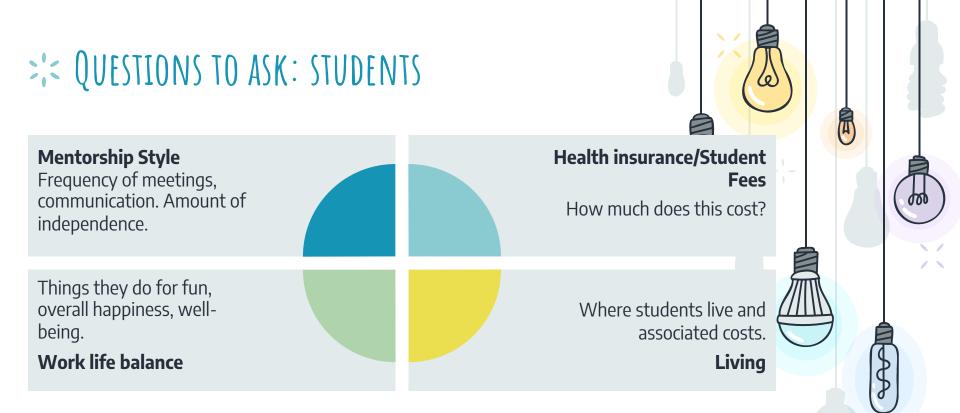


## >:< HELPFUL TIPS</pre>

- + Make a list of other faculty in the program with 1-2 keywords on what they study.
- + Have separate lists of questions for faculty and graduate students.
- + Be professionally dressed (even over Zoom).
- Try to sleep well and stay hydrated for long days.







## **Any questions?** You can find me at:

⊹ @Julie\_Cristello⊹ jcristel@fiu.edu



