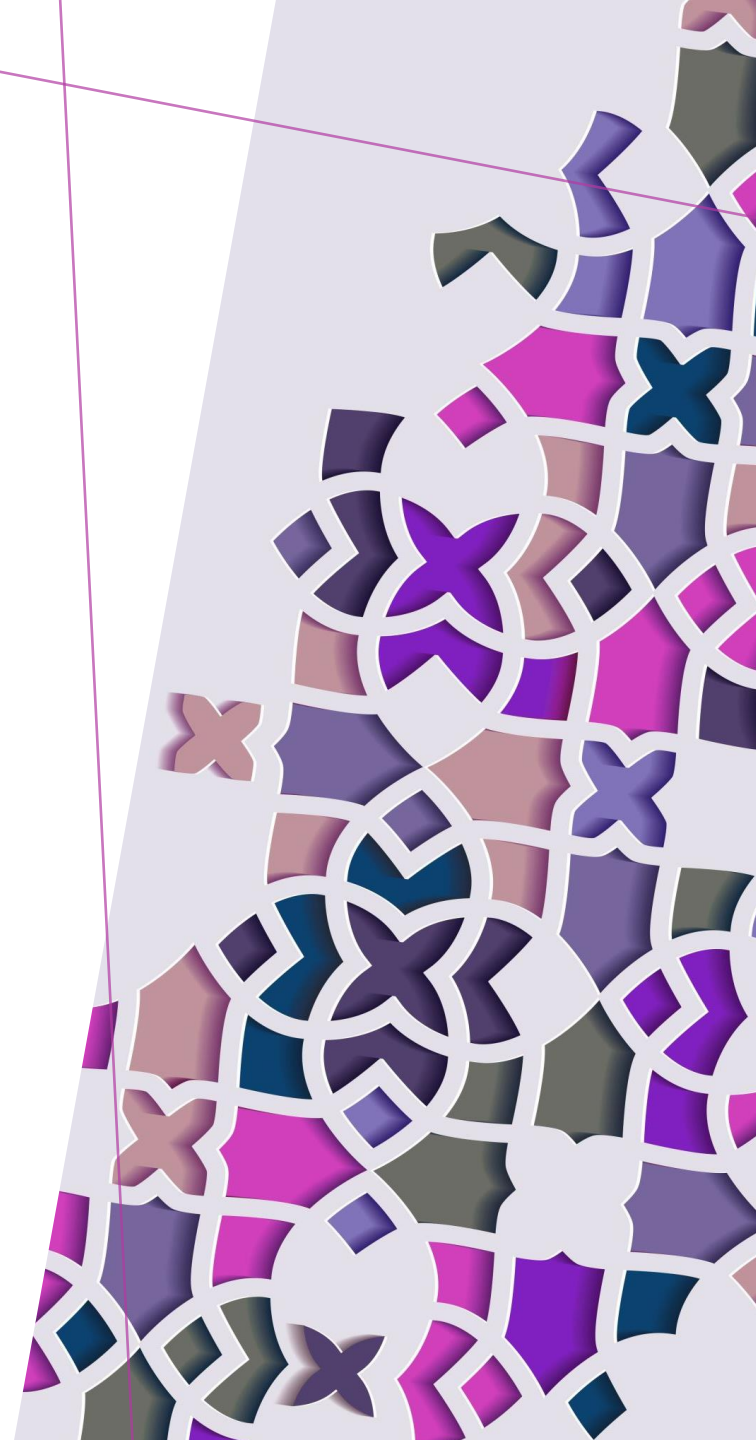


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PSYCHOL 3301

DECEMBER 3, 2024

*APPLYING TO
GRADUATE PROGRAMS
IN CLINICAL
PSYCHOLOGY*





DO I WANT TO APPLY?

- DO I NEED A BREAK?
- CAN I AFFORD GRAD SCHOOL?
- AM I NOT AT ALL INTERESTED IN RESEARCH?
 - Consider social work, counselling psychology or PsyD
- AM I NOT AT ALL INTERESTED IN PRACTICE?
 - Consider social, cognitive, industrial/organizational or experimental psychology
- WHAT ARE MY “NON-NEGOTIABLES”?
- WHAT DO I WANT OUT OF GRAD SCHOOL?

AM I ELIGIBLE?

COMPLETION OF AN HONOUR'S THESIS IN PSYCHOLOGY (OR EQUIVALENT*)

INDEPENDENT RESEARCH EXPERIENCE

GOOD GRADES

- Check each program's minimums and averages
- Last two years especially important

OTHER POTENTIAL REQUIREMENTS

- Graduate Record Examination scores
- English Proficiency Test scores

*Usually a Master's thesis in
psych-adjacent field

PREPARING TO APPLY

- IDENTIFY YOUR RESEARCH INTERESTS
- GET AS MUCH RESEARCH EXPERIENCE AS YOU CAN
 - Focus on quality over quantity
- BUILD RELATIONSHIPS WITH POTENTIAL REFERENCE PROVIDERS

PREPARING TO APPLY

MAKE A LIST OF PROGRAMS AND POTENTIAL SUPERVISORS

- Make sure any program you apply to has been accredited ([see this list of accredited Canadian programs](#))
- Check faculty lists on program websites
- There is no right/wrong number to apply to!

CONFIRM POTENTIAL SUPERVISORS ARE TAKING STUDENTS

- Check the program website or the supervisor's lab website

*CONTACTING POTENTIAL SUPERVISORS (*OPTIONAL*)*

- DO YOUR RESEARCH
 - Lab website, Google Scholar, Research Gate
- SEND A BRIEF EMAIL INDICATING YOUR INTEREST
 - Late summer or early fall of the app season
 - Do **not** send your application package
- DON'T EXPECT A RESPONSE
 - If you get one, maybe follow up with one specific question

CREATING YOUR CV

KEEP IT SIMPLE AND CONCISE

INCLUDE

- Education history (include honour's thesis title and supervisors)
- Research experience
- Any publications/conference presentations
- Awards/scholarships
- Optional: relevant work experience, volunteer/leadership experience

WESTERN CAREER EDUCATION CAN HELP YOU!



STATEMENT OF INTEREST

- YOUR CV/TRANSCRIPT SHOW WHAT YOU'VE DONE; YOUR STATEMENT SHOWS HOW YOU THINK!
- What led you to choose clinical psychology?
- How has your research experience prepared you for graduate training?
 - What have you learned? What skills are you still hoping to learn?
- What are your interests?
 - How do they align with the supervisors' work?
- What are your career goals?
 - How will this program help you achieve your goals?

STATEMENT OF INTEREST

AVOID:

- Generic statements (mental health is important/mental illness is sad)
- Personal disclosures of mental illness
- Negative statements about other programs, your undergrad, yourself
- Stigmatizing language
- Misrepresentation or grandiose statements
- Research interests that are extremely broad (“I’m interested in anything”) or extremely narrow (especially if irrelevant to supervisor)

CANADA GRADUATE SCHOLARSHIPS - MASTERS

- **CONSIDER APPLYING TO THIS AS WELL**
 - You can send the application to up to three schools you're applying to
- **RESEARCH PROPOSALS IN PSYCHOLOGY MUST FIT WITHIN ONE OF THE TRICOUNCIL MANDATES**
 - NSERC: cognitive/biological correlates and methods
 - SSHRC: social correlates, non-clinical populations
 - CIHR: clinical populations and interventions
- **PROPOSE A NOVEL & FEASIBLE RESEARCH PROJECT THAT ALIGNS WITH YOUR RESEARCH INTERESTS**
- **[MORE INFORMATION HERE](#)**

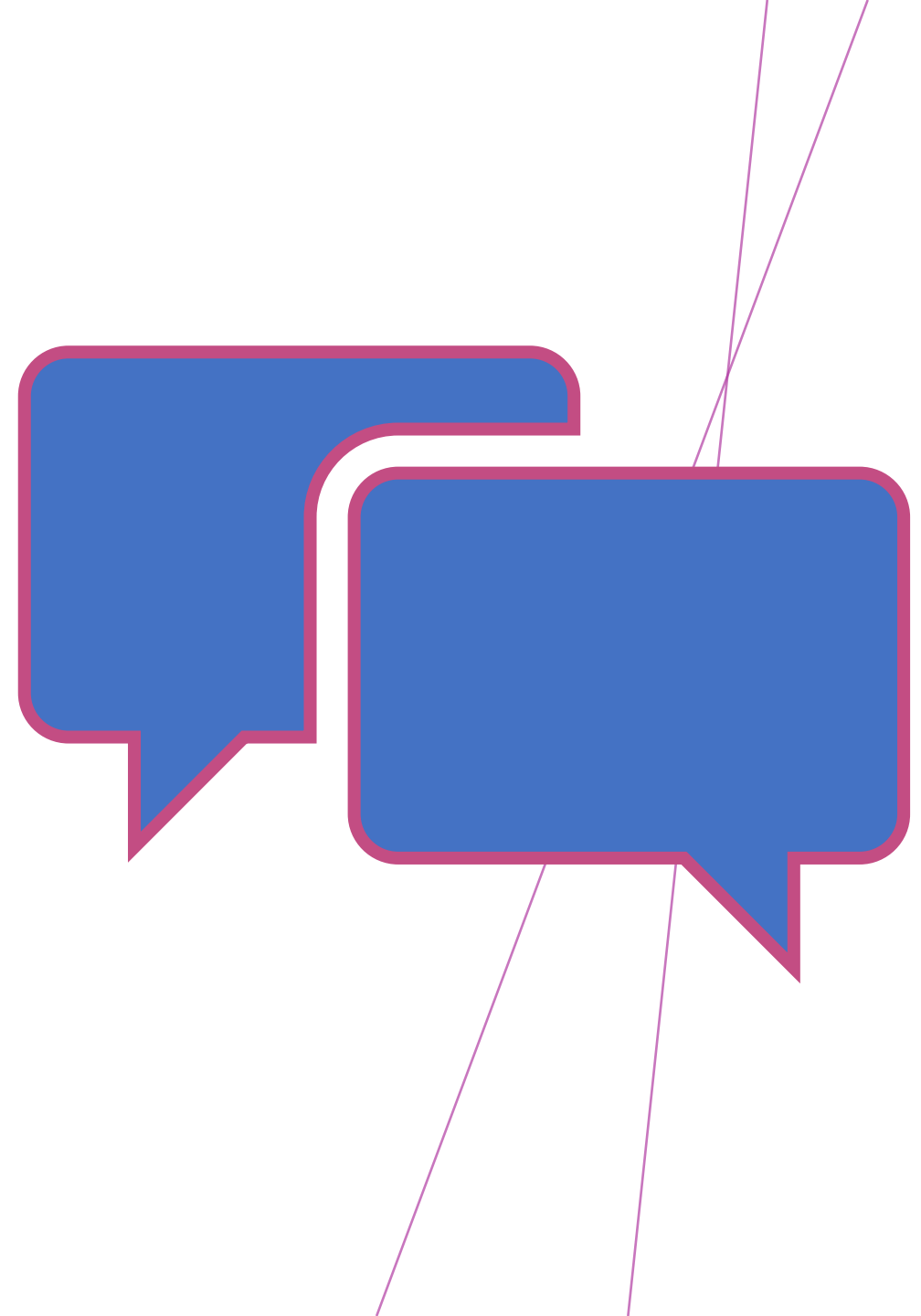
REFERENCE LETTERS

- ASK POTENTIAL WRITERS AS EARLY AS POSSIBLE
- REFEREES SHOULD BE ABLE TO SPEAK TO YOUR RESEARCH ABILITY/ ABILITY TO SUCCEED IN GRAD SCHOOL
- PROVIDE THEM WITH:
 - List of programs and deadlines
 - CV, transcripts, and possibly SOI
 - Info they need to submit letter
- SEND A GENTLE REMINDER IF NEEDED
- LET THEM KNOW THE RESULTS AND SAY THANK YOU!



INTERVIEWS

- **YOU ARE ALSO INTERVIEWING THE SUPERVISOR!**
 - Supervision style? Open to student ideas?
 - Access to grants, summer funding?
 - Can you see yourself working with this person?
- **YOU ARE ALSO INTERVIEWING THE PROGRAM!**
 - Guaranteed funding?
 - Supportive environment?
 - Practicum opportunities?
- **BE FRIENDLY AND TRY TO ROLL WITH THE PUNCHES**
- **TALK WITH OTHER STUDENTS AND APPLICANTS**



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*NOT GETTING IN IS
NORMAL*

Academic Year/Cohort	2017-18	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24
Positions/Training Capacity	10	10	10	8	6	10	5
Applications - post-BA entry	130	128	177	172	296	340	255
Applications - post-MA entry	20	15	21	25	39	33	24
Interviewed/Short-Listed	15	13	24	13	12	21	17
Offered Admission	15	11	8	11	8	9	5
Offers as % Applications (Automatically Calculated)	10%	8%	4%	6%	2%	2%	2%
Accepted Offer/Enrolled	9	7	6	7	5	7	5

OFFER VS WAITLIST

- **IF YOU ARE OFFERED ADMISSION**
 - Celebrate! The supervisor and other faculty considered you a top applicant!
- **IF YOU RECEIVE MULTIPLE OFFERS**
 - Wow! Pat yourself on the back!
 - You usually have until April 15 to choose which offer to accept
 - Please decline other offers as soon you can for the benefit of those on the waitlist!
- **IF YOU ARE WAITLISTED**
 - You were still ranked highly! The supervisor/faculty decided to offer to someone else first
 - If the person ahead declines, you may then be offered admission!
 - Waiting really sucks. Remember that being waitlisted doesn't say anything about you or your ability to succeed.

WHAT TO EXPECT

- COURSES
- RESEARCH
- WRITING
- PRACTICA

- TEACHING
- CONFERENCES
- MENTORING
- SERVICE

Surviving Grad School

1. BUILD A NON-STUDENT IDENTITY
2. FOCUS ON YOUR GOALS (NOT WHAT OTHERS ARE DOING)
3. SEEK MENTORSHIP
4. PERFECT IS THE ENEMY OF DONE
5. MAKE TIME OFF



RESOURCES

- CLINICAL PSYCH ROADMAP
- ABCT RESOURCES
- WESTERN CAREER EDUCATION
- WESTERN WRITING SUPPORT CENTRE
- STATEMENT OF INTEREST EXAMPLES
- APPLICATION STATEMENT FEEDBACK PROGRAM
- A MORE DETAILED GUIDE