



Getting into Honours and Grad School

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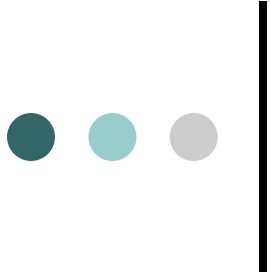
October 4, 2019

**University
of Regina**

Department of Psychology



Psychology Honours Program



Requirements for applying to Honours in Psychology

- Minimum GPA of 70%;
- Minimum PSYC GPA of 75%;
- 60 credit hours (completed & graded);
- Arts core (BA) or Science Cognate (BSc) classes completed;
- Honours Program Application Form (provided on Psychology website);
- letter of intent;
- Unofficial copies of ALL undergraduate transcripts.



Meeting with Academic Advisor

- **all 3rd year + or equivalent students**
- meet with academic advisors from their college/faculty
- special honours program outline completed **IF they are planning to apply for honours in February**



Application details:

- Application made to Department of Psychology
- February 1 (of year intending to enrol in PSYC 400AA)
 - Letter of intent
 - Reasons for pursuing honours
 - Areas of interest
 - Future plans
 - List of potential supervisors
 - ****Rank order****
 - Up to 5



Decisions

- Undergraduate and Honours Committee (UHC)
 - Review applications
 - Applications categorized:
 - A = deemed acceptable
 - Eligible supervisor
 - Competitive GPA (e.g., 80%)
 - Intention to pursue graduate studies
 - Quality of written application
 - X = deemed unacceptable
 - No supervisor named
 - GPA not competitive
 - Rationale for applying vague/inappropriate
 - B = all other applications
 - Faculty members given list of eligible students
 - Supervisor will advise UHC
 - Applicants will be notified of results



Conditional acceptance

- If accepted, you may receive a letter of conditions
 - Conditions **MUST** be met by August 31
 - Failure to complete the conditions will void the acceptance



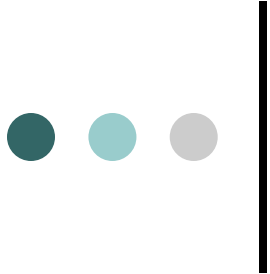
Past Success Rates

Year of honours class	% of qualified applicants accepted	Total accepted and matched	Not matched	Not eligible
2015/16	92%	22	2	4
2016/17	95%	19	1	1
2017/18	92%	23	2	2
2018/19	81%	25	6	6



What is involved?

- Completion of a thesis
 - Empirical
 - Replication
 - Theoretical
 - Meta-analysis
 - Secondary data analyses (e.g., StatsCan)
- Registration in honours seminar
- Additional course requirements



What have our honours graduates gone on to pursue?

- Graduate programs in:
 - Clinical, Experimental, Counseling, and Educational Psychology
 - Behavioural Neuroscience; Public Policy; Human Resource Development; Health Science; Occupational Therapy; Speech Pathology; Social Work; Gerontology; Justice Studies; Criminology; Kinesiology; Physiotherapy; Environmental Studies; Sociology; Biology
- Medical School
- Pharmacy
- Law



Getting into grad school in Psychology



Outline

- Streams
- Reality
- Research experience
- GRE
- Funding
- Application process
 - School selection
 - Statement of interest
 - Reference letters
- Alternatives
- Improving your chances



Streams

- Clinical
- Experimental
- Both require a significant research component

- Social, developmental, cognitive, health, forensic, neuro, industrial/organization, stats/methods, counselling, school, community etc.



Reality

Getting in is tough

- Minimum GPA requirements (depends on the school)
- Most programs admit 6-10 students each year

Examples:

- 5% of applicants are admitted at SFU
- 7% of clinical applicants admitted to U of R

****See CPA graduate guide****



Research experience

- Volunteer in a lab (or two...)
 - ANY lab
 - Experience and letters
- Be willing to do very basic tasks
- Not likely paid
- Presentation/ publication possibilities



GRE

- Subject

- Can be taken in Regina or Saskatoon
- Offered at one location or both in April, September, and October (typically)
- Must sign up ahead of time

- General

- Only in Saskatoon
- Prometric testing centre
- Book ahead – 306-978-0414

- **STUDY!**

<https://www.ets.org/gre>



Funding

- Apply!
- Check out FGSR website
 - Contact FGSR with questions
- NSERC, SSHRC, CIHR
 - Late Nov-ish deadline to psych dept.
- Undergrad USRA award (NSERC)
- Look for additional sources
 - E.g., OGS



Grad School Application Process

- Costly
- School selection
 - Identify schools of interest
 - E-mail potential advisors
 - Your interests
 - Inquire if taking students
- Start process summer before applications due



Grad School Application Process

- Statement of interest
 - Tailor to individual faculty members
 - Have someone read it over
 - Must be provided to your referees
 - “Do not write a lot of schmaltz about wanting to save the world.”
 - Show focused interest, with flexibility



Application Process

- Reference letters
 - Required materials
 - Other guidelines
 - Timeline
 - Sending letters
 - Adding schools to your list
- Make it easy for the letter writer!



Alternatives

- Experimental
 - Requires Ph.D.
- Clinical
 - Can practice with MA in some provinces (may change)
 - Registration process more difficult
 - Consider
 - Counselling, school psychology, social work



Improving your chances

- Research experience
- Publish, publish, publish
- Attend conferences
 - Even if not presenting
 - Present when possible
 - Introduce yourself to potential supervisors
- Funding