

Finding Fit Transcription

(Nelli Balkarova): Welcome everyone! My name is Nelli Balkarova, and thank you for joining us for today's finding fit types of degrees and programs webinar! Just a few things before I introduce the speaker, if you're having technical difficulties during the webinar we suggest for you to leave a webinar and then join back and through the link that was sent to you via email. We also recommend shutting down other programs such as email, as they tend to slow down the video and audio. If you have any questions during the presentation please type them into the question box in your control panel, and I will bring them up at the end of the webinar. We will share have a link to the webinar recording within the next week via email. Lastly, at the end of the webinar you will see a quick 1 minute survey pop up on your screen. Please take a moment to fill out the survey. We would really appreciate your feedback. Now I will turn it over to Dr. Garth Fowler, the director of APA's Office of Graduate and Postgraduate Education and Training.

(Garth Fowler): Thank You Nellie, and welcome to all the people on our webinar today. It's gonna be a very short, very short, half an hour and we're going to go over a number of things, but, but I would think some preliminary things to think about. As you're approaching graduate school and thinking about graduate study in psychology. So today's webinar is called "Finding Fit: the types of degrees and programs" and this is part of an ongoing program, or an anchoring series that we call a strategic approach to applying to graduate psychology programs. We do a longer workshop at regional psychology meetings around the country, typically more in the spring of each year. And what this is is that's a longer project. Sometimes our longer webinar up to an hour, an hour and a half. What we've done is we've broken it down into a series of smaller webinars here, and I'll show you what the rest of the series is so that you can mark them on your calendar and you can attend the other ones as we are putting those on for the rest of the fall. So what are we going to talk about today? And so that's kind of what I'd like to start with, and we're gonna talk a little bit about why you were to choose to apply to number of different types of degrees. So why, or what is, what's the value, or why do people apply to master's degrees? Why do people apply to Doctorate degree programs, as opposed to doctorates of Philosophy or this ID program? So we're going to talk a little bit about the differences in those types of programs, what they mean, we're going to talk a little bit about the, what happens when you apply to, when you are applying in a Department of Psychology versus when you're in a goal of psychology. And we're going to talk a little bit about what is APA accreditation and how does it affect you? So we're seeing, I have some questions coming in about audio, we do have you listening so hopefully everyone could, can hear you if you're having problems with audio you might need to log out and come back in. Alright so there are over 1500 programs at more than 500 schools and departments of psychology in the United States. And that's a lot, and to tell you the truth you can't actually apply to all of them, that makes sense. And you probably can't even learn or research all of them. And so the question we're going to ask is

how do you find your way? how do you get these 1500 programs down to a manageable number? And what the number is will vary from person to person, but we're going to talk about how you can get it down to something more like 6 or 10 or 15 from the 1,500. And so the first thing you need to ask yourself is what is it you want to do after you go to graduate school? When you're applying to college it's a little more different. You think about why you want to study, what you want from that particular school, you do think about what you want to do afterwards. But I think in graduate school it's even more important to think about what is it you want to do after? And so I tell people to think about one of these three options: are you going to graduate school because you're interested in becoming that scientist that discovers the next psychological breakthrough? You want to be the person that studies memory? Or you want to be the person that studies how we learn? Or you want to just be an understand and become an expert in behavior and you want to ask questions? Are you pursuing graduate school because you want to be a professional psychologist, that that person that provides services using psychology. And that's probably the most common interpretation of what a psychologist is and your parents or your friends here that you're you think they probably think of that individual, but that's only one type of training and one type one aspect of being a psychologist. Or maybe you want to be a researcher, or maybe a professional, that studies how do we apply psychology and other fields? So these are these are the individuals who might bring psychological principles to places like business, or forensic, or law. And these are very different, and we ask you to think about this because psychology programs use one of these three orientations. This is what they're training their graduate students to do. So let's look then at the trends we see about these three different types of groups. So knowing the answer this helps you figure out the rest and helps you narrow down those programs that you're going to have to research, or that you're going to research and apply to. So let's talk about those disciplinary research trainings, that very first type. The people that you know, probably the goal is for you to become a professor or scientist. So these disciplinary research programs, the the things where you're interested in just continuing to ask why, most these programs training programs offer a PhD degree. So most likely if you're applying they're going to be a PhD in something. We do see some programs at the Masters level, and when they do it's usually the Masters of Science, so an MS degree. And somewhere in that, in the literature somewhere in their description they're gonna talk about how they want to train you to become a scientist, how do they want you to ask specific questions. So think about them saying, you know we might think our alumni become professors or they become scientists. And some examples of the titles, and again these are just examples of the titles of these programs, would be something like "the cognitive sciences and decision-making program" at an institution or "developmental psychology" or "social psychology". We even have some out there that call them "experimental psychology" and so the names kind of imply that what you're doing is you're studying basic scientific principles of psychology in a certain field.

When we think about the professional practice and service training programs

most of these programs, they're training people to be those professional psychologists that the general public kind of thinks about. That's what they think about most often when they hear psychology. And most professional practice programs and service training programs, this is where we see the PsyD degree come in. So when you see the PsyD, chances are usually that programs orientation is to train you to become a professional, and to have a practice in some sort. There are PhD programs that do the same thing. So you could see programs that have a clinical PsyD program and a clinical PhD program. It could be that they're both trying to do the same thing, just one is offering the PsyD or the PhD, and again you would know this by reading the descriptions of the programs. At the Masters level we see more master's level programs in this area than in the previous, and they can be both Masters of Arts and Masters of Science degrees. As I said before, the primary training outcome here is to produce individuals that provide services based upon psychological principles. And again the most common one that we think of are the fields of Health Service psychology or educational and school psychology, and so those are the examples of clinical psychology, counseling sites psychology, school psychology. Again those are examples, you might find, some other programs with descriptions but different titles, but when you read through the materials you'll definitely get a feeling, or a flavor, that what they're doing is they're producing you to be a service provider, and I'm going to show you some examples of those descriptions later on. So you can see an idea of that. Then you can think about the applied research and application training and this is where you know if you think about the first two types of programs I talked about: the Disciplinary research and the professional training, don't think of them so much as A versus B, think of this as a continuum because some programs kind of are strictly in one end, they're very disciplinary training, some are very strictly on the other, but you'll find some that say well we kind of combine and want to do both. And so you can find applied research and application training. Again, what you'll find here these are predominantly PhD programs, there are some master's programs but probably fewer than say the strictly professional training programs that we saw in the previous slide. So again you'll see PhDs, some side PsyD programs here. Again the idea here is they're training individuals to do research, and maybe do research and understand how to apply psychological principles in many different settings or fields. So you can think of things like business, or law and public policy, again some very good example type programs that the names you would see: IO, industrial organizational psychology is a very good example of people applying psychological principles and learning how to take psychology into a business setting. Forensic psychology sports psychology is a nice example because it can be very applied, it could be people say "I just want to come and train people using psychology" but there's also people who are doing the research of understanding how psychology impacts sports performance. So that's a nice example of this being kind of on that continuum. And the reason why you need to know this is because of what I said before, programs are looking for applicants that match their training goals. So the faculty, the group, the team

of this program that you're applying to, they all have a specific training program, and they all have a specific outcome they want from their program. And so they're looking for applicants who will do well, so their job is to assess how well they think you would fit for the type of training and the degree that they offer. And so their goal is to try and make this as publicly available to you, describe it as best they can. And so the way we can do is you start reading the program descriptions to learn more about what they teach and how they teach, and the type of psychologist they hope to produce. And so there's a way for you to do that and here's some examples I want to give. So I'm pulling an example from one of our resources, it's called graduate study in psychology, it's an online database that you can get to by access to.

And it's some listing of about 1500 programs in the United States, and each program gets an opportunity to describe a bit about their program, what type of degree they have, and what they're looking for.

So let's take a look at this one, I'm sorry it's kind of small but here's a clinical psychology program, the one I chose is Palo Alto University, and if you read here through the program overview which I'll do just real briefly for you because I know it's tiny. They say here that this is a consortium PsyD program. So the fact that the PsyD would make you think that it's probably going to be more professionally oriented. And it says that it is a practitioner Scholars Program, it's intended for individuals seeking careers devoted primarily to the direct delivery of clinical psychology service, so they come right out and say that. The idea of this program is to train people who take psychology and provide services, and they say even clinical so it's very clear what's field they're talking in, so they talk about the general education in clinical psychology, they talk about the ability to have a more specialized training in a field later on, they talk about the models that they use in evidence-based practice, and as you continue to read through it you get the feeling that the idea is that the people who graduate from this program are looking more for how you would do clinical practice. So let's take a look at another one and this is from the behavioral neuroscience PhD program, it's at Ohio State University, they're also in our book. And so let's take a look at their description, so here in the program overview they say the Department is a comprehensive program in nature, so this is one program in a department where there's many other, and they say in nearly all PhD programs, the programs strive to educate psychological scientists. And so they say there is consequently a strong emphasis on research training and doctoral programs. So these two kind of represent that extreme ends that I was talking about, and so as you're reading through program descriptions, as you're looking through what they say, think about does that sound like the type of experiences I want to have? Does that sound like the type of programs are the type of jobs I want to have? And that will help you narrow it down. Again there's still 1,500, and there's a lot of programs in there but this is a good way to start thinking about this and not just is that a school I know. Probably most of you maybe have heard Ohio State University, maybe not many of you have heard Palo Alto University, but by looking at what the

program is doing you get away from how well is the school known versus does the program really match what I'm looking for? We're also going to talk a little bit, and this was a good example that I had before, about the different types of environments or where your programming training will be. So if you look before, I talked about Palo Alto University was an independent what we call a School of Psychology. It's it's called a school of psychology, all that's really taught within that school are psychology programs. And that's different than saying a department of psychology. A Department of psychology that might be in a larger University, and so a great example and I give this one because it's where I went is the Department of Psychology at the University of Washington in Seattle. That department was in what they call "a college of Arts and Sciences" as opposed to a school of psychology. This gets a little nuanced, it has a lot more to do sometimes with how the school is structured or function. But we do find that there are some different trends and you can see here by looking at what we've done in this graph is in that same resource that I showed you before and again it will talk we asked them to talk about all the different things that they look for in an application. So this is just a small selection of some of the things that they say they, that they will review in an application. So your research experience versus your volunteer clinical experience versus whether you have been a psychology major or not. And we asked them to rank on a scale of high to low how important are these. So overwhelmingly when we look at these departments of psychology's that occur in a college of arts or sciences, they say that one of the most important things is your research experience, which would indicate to you that many of these programs are going to train that that's that scientific scholar, that person who is looking to do research, be that scientist. And it also becomes very clear when you say that on the very next criteria how important is your clinical experience, meaning how important is it that you've worked with patients or you've been in a setting where you can apply your psychology. And they say it's very low, and that's consistent with what they would be looking for, they're trying to say will you be successful in this program. Here they say your psychology background whether you're a psychology major is probably only of medium importance. In our research we find that not a lot of programs require you to be a psychology major, but having a strong psychology background is important, kind of medium important for these colleges of Arts and Sciences, but what is most important is that you describe how your career goals align with how they're going to try to train you. So you really have to have a strong understanding of what they're trying to train you to do, how they're trying to train you, what they want to accomplish. So that's an example of the College of Arts and Sciences, let's look at another school when schools that you can think to apply to are what we call schools of psychology. Some of these occur at universities, so there could be the School of Psychology at say Rutgers University, and some of them are independent, what we call freestanding schools. So the entire school itself is just a school of psychology, and that Palo Alto University that I talked about before is a great example. So a lot again, different types of environments. So let's look at our schools of psychology again

in our book when we ask all the schools of psychology to tell us how important is a research experience or that, that, that laboratory research background. They say it's medium, it's not low, it does take some precedents, they do look at it. What they find is clinical is kind of low, so they're those they're thinking "well we can train you, it's not as important as having a psychology background". Overwhelmingly these programs say it's high and we see at the very end that you understanding what the program goals are, are very high. So again when you're writing your essays or they're asking you to answer questions, what they're doing is they're trying to say "does what you're looking for and does your experience match with what you're doing there?" The very last ones the School of Education is low when it comes to research experience. That the clinical experience that they're looking for is high, that your psychology major our background that's important to them it's high, again they want you to have a strong understanding of these psychology principles, and their alignment of careers and goals are high. And so again as you're looking through programs, as you're looking at all these descriptions, that you're looking at all the places, you'll start to see some trends and the types of programs that occur, what they're looking for, what they're doing. So there's a lot of variation out there and that will help you narrow it down. Again, this is just a process to help you narrow it down. This whole idea of "finding fit" we're going to talk a lot more in subsequent presentation. So once you kind of say "okay I kind of have an idea that I'm more interested in being that scientist than I am and being that professional service provider" then you start looking at those programs, and then you get more specific about what each individual program looks for. So what we're doing in this seminar is teaching you how to like kind of take off the top, look look very broadly about the types of things that you're that you would want to research. And then we're going to talk a little bit more about APA accreditation, what that means, and how that's important. So API accreditation is a voluntary process. So that means a certain program approaches the APA and says we'd like to have our program accredited by you. And what that does is it means that we are coming through and looking to say "how do we you know, what kind of training and is there a standard of quality training that you can achieve?" And that's what the accreditation process is. So it's voluntary, the faculty of the program elect to undergo APA review, and then when they do so they get an accreditation status. Now when programs come to us, the APA has a policy or statement that currently we only apply, we only will review certain programs. So APA accreditation applies to only those programs at the doctorate level, so PsyD PhD. Which means if a master's program currently we're to say we'd like to be accredited, we would say we don't review master's programs. So you probably will not find masters programs that are accredited. That is changing, we're looking to review master's programs in the future, but currently right now there is no accreditation process for masters programs, it's only for PhD and PsyD programs. And it's only in the field of psychology that we call health service psychology or school counseling. And so that refers to three very specific broad categories of psychology, and that is clinical psychology, counseling psychology, or school psychology.

Now some programs can combine, so you get a counseling school psychology program, but those are the only requirements or those are what we call the scope of accreditation. So when you're looking at programs, if it's a doctoral program with PhD or PsyD, it's training those health service professionals in the area of clinical counseling or school psychology, it's called "within the scope" of accreditation. So these programs could apply to us for us to review them. Again, not all do, but most of them do. And the reason why that happens is because of the very bottom statement here on the slide. Many states require you to have attended or completed an APA accredited program if you want to receive a license to practice as a licensed psychology in that state. So let's unpack that, that's a really dense sentence. So what that says is when you're done with your program, if you want to provide psychological services for a fee as a licensed psychologist, as a clinical or counseling psychologist, you're going to have to get a license from the state that you're living in to do that. They're the ones who provide that to license, they're the ones that supervise the quality of that experience. And in the process of applying they're going to look at your training, they're going to have you go through some processes for verifying that you are able to provide this service, and one of the things that they look for is that you have attended an accredited program. It does vary from state by state, some states will allow people with master's programs in psychology to get a license, some do not. So it's very important when you're looking at these fields, if you're thinking about clinical counseling school psychology, if you're thinking about being a licensed psychologist, you think a little bit about where would you want to be doing this? What kind of practice will you be engaging in and where? Because those rules, those licensure rules in those states are going to have some impact. But so that's where the idea of APA accreditation comes into play, it's understanding that it's only within a certain range or what we call the "scope of accreditation", and the scope of accreditation is clinical counseling and school psychology at the doctorate level. So let's kind of summarize this and this is a figure that comes from a blog series that we have and I'll show you where to find it, so it's a series of readings and then we're gonna go over a bunch of resources after this slide on where you can learn more about how to do the things that we were talking about, but this is kind of a road map showing you what you're thinking about, what you would be willing to do. So we start at the top and if your destinations, if your career goal, if the thing you want to do when you're done with graduate school is be that disciplinary research scientist that you want disciplinary research training, your route is most often going to be through a ph.d program. We did say there are some master's degrees out there, mostly masters of Sciences but the predominant number of programs are PhD. And the example subfields: cognitive sciences and decision making, developmental psychology, social and personality, this is the program I went to, behavioral neuroscience. It's those kind of, you know, we think of the the basic concepts of behavior in psychology. And these programs are what we call "not within the scope of accreditation" so you will never find an accredited status for these types of programs. It

doesn't mean they're bad, it doesn't mean we don't think they're important, it just means at this time we don't offer services to review them, they're not within the scope of our accreditation. Let's jump to the other side of our road sign, let's go to the far right, let's say your destination is professional service training. Well your route here is a bit more varied in that you would have both PhD and PsyD programs. And here's where we saw quite often a large number of masters degrees programs, specifically a large number in the trending and masters in counseling psychology. The examples we see here sometimes are industrial organizational psychology, they can provide services. We can see clinical a school psychology, clinical psychology, counseling psychology, clinical neuropsychology, whenever you see the word like clinical in there that usually really indicates that they're training you to actually be trained to apply these psychological principles in a very specific setting. These programs, a number of these programs are what we call within the scope of APA accreditation, again, they're only if they're doctoral or psyd programs, so PhD or psyd programs. And they're within the broad fields of clinically clinical counseling and school psychology. So those are two kind of ends of the continuum, and then it's in the middle where you'll find a lot of programs that kind of pick and choose, they kind of have a some might be closer to the disciplinary side some might be closer to the professional side, these are the Applied Research or professional training programs. Most often there are PhD, we do see some PsyD's degrees, some, not as often. And we see some master's level programs. Sometimes we see some of these applied research programs offered not just in departments of psychology you could see some of these in like a School of Business right? So there's some variation in there you got to read what that program is about. Again, many of the types of programs are the same that we talked about in these professional service subfield but when you read through them you'll also see that they're interested in saying "in addition to providing these services you're trained to ask questions about how to make these services better" or is there a unique approach? And so the accreditation standards kind of fall into the same. That's only again, they have to be doctoral programs in clinical counseling in school in those broad subfields. So that's our tour today, again like I said this very first one was kind of like how to break it down into thinking into big buckets. That roadside kind of breaks down into the three types of degrees and we stopped there because we really want you to sit and think about what you want to achieve. Some of the resources that we had talked about and I'll click on these real quickly, some of them we have a frequently asked questions about graduate school, it's a short page of FAQ s, it kind of highlights some of the things we talked about today. There's the psych learning curve and there's the URL for that one. There's an entire blog series on the psych learning curve called "your roadmap to graduate school" and it follows this series of webinars that you're going to see. We have something called "the psych cast" this is the centralized application, oh I'm sorry I skipped this one "the graduate study in psychology". This is, and if it comes up you up here this is the resource that I was showing you before this is the resource where you can look

at all the different programs. You can go in, there's 1500 programs in there. It gives you the name, the type of degree, it gives you acceptance and enrollment data. This stuff we'll talk a lot more in the upcoming seminars. It tells you about their tuition, and so that's the resource that I was showing you before it's called "the graduate study in psychology resource". Another resource that you had, that we have, and you'll see some webinars coming up is called PSYCAS, a centralized application service. This is a place where a number of institutions have all agreed to accept applicants through one portal, so you really only have to complete part of the application once, so I encourage you if you're starting to think about psychology to go there and there's the link. And then there's a web page that tells you more about upcoming webinars or if we're going to have a live event in your neighborhood soon, but I do know that there are a number of webinars coming up so this will be the last slide that I show you and then we'll start taking some of the questions. But this is the continuation of our webinar series, so the next one that you'll be seeing is called "finding fit". It's going to talk about what it takes to get into a program, so looking at those admission requirements, what those questions are about, and what it takes to get through. We really emphasize don't just get into a program but know what it takes for you to successfully complete a program, we'll talk about that. We're gonna have some really wonderful webinars in the future about writing personal statements, again programs are looking to see how you fit what their training and your personal statements are the ways that you do that, so I would really encourage you to put down the dates of November 11th to try and attend those webinars. And then the last one will be understanding the power of letters of recommendation, and those will be November 13th and 14th. Another series that you might want to put on your calendar is the two webinars that will introduce you to how to use PSYCAS. So it's we call it PSYCAS, everything you need to know. That will be October 10th and October 23rd. So we're a little behind schedule but let's take some of the questions that we got from our audience.

(Nelli Balkarova): Thank You Garth, it looks like we already have a few questions so the first one that came in asked for you to tell the difference between clinical psychology and counseling psychology.

(Garth Fowler): Yeah that's a good one. So again, I think they're both, they're both considered in the field of health service psychology, so most of those programs are going to be providing training to help you provide services. I think a lot of the difference between clinical psychology and counseling psychology is the type of services you'll be providing. Clinical usually is a little bit more for lack better word "medical oriented". You might find yourself working in a hospital, or working with individuals who have diagnosed medical mental health conditions. Whereas counseling psychology people are trained to work with people more in their everyday problems. And so there's, they may also be teaching them to work say in a in a clinic, or work as part of a health insurance program to address people's needs, so

it's a little bit, it's a little bit nuanced in terms of what you're training, but I think if you read through them you'll start to realize they talk differently about their patients and how they're approaching those patients.

(Nelli Balkarova): Okay the next question asks "is forensic psychology included in Applied Research?"

(Garth Fowler): That's a good question, and so I would say yes and no. So some people really want to "research how do we bring psychology better into law?" and so they might not be that interested in actually doing that but they want to ask questions, and so you could say that's a pretty basic reason you know pretty heavy emphasis on research. But what we find is in order to really understand and research a question like that, you kind of have to do it. So a lot of people in forensic psychology programs, they'll get a strong amount of training and applying it or using it in a law setting. What you'll find as you're reading up on those programs if you are very interested in say forensic or law psychology, you'll start to feel as you're reading through the program descriptions which ones are a little more in that "well we focus more on research versus we focus more on the applied" but I we call this one in a in a broad bucket sense an applied research field or a professional research program.

(Nelli Balkarova): What would be the estimated number of programs you should try to apply to?

(Garth Fowler): That's a good question. So I love that question because the answer is "it depends". It depends on you and it depends on what you're looking for, and it also depends upon the types of programs, and so I'd love to give this example because it really demonstrates how varied psychology is and how many different types of programs there are. So when I applied to my ph.d program many, many years ago for behavioral neuroscience. I knew I was interested in studying decision making, I knew I was interested in studying vision, and so I was looking for programs that were in psychology departments that were doing that and it turned out that there were like 11 programs in the entire country. So even if I applied to every one of them, I could only apply to 11 programs. That was a lot to me, I didn't want to apply to 11 programs I ended up doing more like five or six. Let's look at something like adult clinical psychology or child clinical psychology. And let's look at both PsyD's and PhD programs. There are literally hundreds of programs like that in the country and so, um you you can't apply to all of them, and so at that time what you're gonna say is "it's not how many programs I should apply to, it's how many programs that sound interesting, that match what I want to do", and you'll learn more about this in the next webinar series, especially the getting in and getting through. We'll talk more about, we describe the type of training they're gonna take you through. And you read that and say is that the type of training I want to experience? Some of them might say "we really

emphasize you being in the lab and doing this" versus "we really emphasize you being in a clinic". And that helps you decide what type of program you're gonna apply to. So we tell people there is no magic number, people who tell you that you need to apply to twenty or thirty or ten in order to get in, they're playing a numbers game. We don't think it's a numbers game. We think it's really thinking clearly about what this program teaches you to do, and is it something you want to go through, and are you ready for it? Do you have the experiences necessary? And that decides how many programs you apply to. It also helps you be more successful because you're very focused on that smaller number of programs.

(Nelli Balkarova): Okay, for a student inclined towards research, what is the advantage of a department versus a school of psychology?

(Garth Fowler): We find that most research programs almost, not always, but a lot of them, they're most often found in a department of psychology, and they're usually found in either of what we call a college of Arts and Sciences, or schools of Arts and Sciences, so that's really just the psychology department at a college or university. Or they might be in a medical school. There's a lot of very basic medical research that happens there. So if you're really interested in research, very basic research chances are you're going to apply to those programs. Now, that's a general statement, there are always exceptions to the rules, and as soon as I say that I'm sure some faculty members gonna write and say "but we have a very basic or a highly research oriented training program at our School of Psychology" and that's true, so I was talking about general general statements, but mostly we find the very basic research programs, they usually occur in the department's of psychology in that very traditional College of Arts and Sciences.

(Nelli Balkarova): Okay, I think we have few more minutes for a few more questions.

(Garth Fowler): Sure.

(Nelli Balkarova): What qualifies as a strong research background? Does a lower GPA for include admission to most programs or will a research background be a sufficient supplement here?

(Garth Fowler): That's a good question and I'll give you a kind of broad answer, but I'm, as I do that I'm gonna scroll back through some of my slides because I think this is a great opportunity to bring up one of the, it's a screen shot again but it you can see here at the bottom for each program we have them tell for this program how important each part of the application is. So GRE scores are ranked medium, research experiences medium, work experience is high, so again each program has a variation on that. For research we usually find that just taking laboratory psychology classes doesn't usually

qualify as "in-depth research". So if you're applying to a research heavy program and you say you know I took my bio psych class, or I took my learning and memory class, and there was a lab component, that usually doesn't qualify, they want to see you have volunteered in a faculty member's lab or you participated in an extracurricular, meaning outside the class, laboratory experience, or you got a job over the summer working in a research lab. Doesn't necessarily have to be psychology, but that's the type of thing that really brings home strong research experience. GPA, colleges and universities programs, they divide GPAs in very different ways, some look specifically only at your psychology GPA, and that gets a lot more variable, which is why again I brought this up you can see that we pull out GPAs as a separate thing, and then these two programs GPA happens to be very very high, but it's not like that in every single program. So we recommend and again, in the next one when we talk about getting in and getting through, we'll talk more about understanding how do your credentials match what the program says they're looking for, and again in the book we break that down, but even on web pages, when they describe their program, you'll find information where they say the things that are important to us are your academic performance. That's kind of code for your GPA and your grades overall. So you can read through that and kind of learn a little bit about that.

(Nelli Balkarova): Okay, I'll take one more question.

(Garth Fowler): Sure.

(Nelli Balkarova): When it comes to clinical practice, will a PsyD open just as many doors as a PhD, or does it limit you in any way in terms of reputation?

(Garth Fowler): You know, I haven't, I think what it really boils down to is thinking of what kind of training and experience you want. I don't think what you'll find is, read what the program does. I don't think there's that big of a difference. Most psyD programs do emphasize more that you get a professional service training, but again that's only what they emphasize. It doesn't mean that with your PsyD you wouldn't be able to get a good job as a researcher in a, in a psychology department somewhere. Quite the contrary, I know many people with PsyD's who are faculty members. So I think, I think if you're debating the PhD the psyD program, instead of looking at which degree is better, start asking the program what do your alumni do? What type of jobs have they got? What things are they doing now, three years, five years, ten years out of the program? And does that sound like something you're interested in doing? I think that's a better question to ask them to say is PsyD better than PhD. Because again at the graduate school experience you're really starting to be a lot more focused on where you want to specialize, what it is you want to do, and so you have to make some of these hard decisions. You really want to be a researcher then think about those programs that really train you to be a researcher.

(Nelli Balkarova): Okaygreat, thank you Garth and thank you all for joining the webinar. Again, we will share a link to the webinar recording within the next week via email and we will also link all of our resources, and all the resources that Garth discussed during the presentation in the follow-up email, and we ask you to please take a moment to fill out the survey at the end. Thanks again, and we will see you next time!

English