



So you want to be a Clinical Psychologist?: Tips for Graduate School Applications

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Land Acknowledgment



York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by the Anishinabek Nation, the Haudenosaunee Confederacy, the Wendat, and the Métis. It is now home to many Indigenous Peoples.

We acknowledge the current treaty holders and the Mississaugas of the New Credit First Nation. This territory is subject of the Dish With One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.

Why Clinical Psychology?

- A PhD in Clinical Psychology is a popular program of study for many students.
 - Improve mental health, program evaluation, consultation, **research**, policy, others?
- Figuring out how to best prepare for and apply to PhD Programs in Clinical Psychology can be challenging.
- The **goal** of this presentation is to help you work your way through the steps to **applying** to a Clinical Psychology Graduate Program, and ultimately being a Registered Psychologist (in Ontario).

Undergraduate Studies

- In order to become **registered** as a Clinical Psychologist with the College of Psychologists of Ontario, students should complete a CPA or APA accredited Clinical Psychology program at the graduate level.
- Canadian graduate programs have different entry requirements, so it's best to check their program websites, as well as the websites of provincial Colleges of Psychologists.
- Generally, in order to get registered to be a Clinical Psychologist in Ontario, you need to complete:
 - A four-year undergraduate degree in psychology or a degree that is substantially equivalent (considered to be at least 10 full undergraduate courses in psychology).

BREADTH REQUIREMENTS:

- **The College of Psychologists of Ontario:** At the graduate or undergraduate level, at least one full course or two half courses in at least two of the following foundational knowledge areas, and at least one half course in both of the remaining two areas:
 - *Biological Bases of Behaviour* (e.g. physiological psychology, comparative psychology, neuropsychology, sensation and perception, psychopharmacology, health psychology)
 - *Cognitive-affective Bases of Behaviour* (e.g. learning, thinking, cognition, motivation, emotion, memory, perception)
 - *Social Bases of Behaviour* (e.g. social psychology, group processes, organizations & systems, community psychology, environmental psychology, cultural issues, sex roles)
 - *Psychology of the Individual* (e.g. personality theory, human development, abnormal psychology, psychopathology, individual differences)
 - *Note: Introductory courses will not be accepted as a breadth requirement.*

The Adult Clinical Psychology Graduate Program at York University



At the undergraduate level, at least one full course or two half courses (3000 or 4000 level) in the following three foundational knowledge areas, OR one graduate-level half course in each of the three foundational areas:

1. *Biological Bases of Behaviour*
2. *Cognitive-affective Bases of Behaviour*
3. *Social Bases of Behaviour*

Note:

- *4. Psychology of the Individual.* Most Clinical Psychology graduate programs will cover this requirement as part of the core curriculum.
- *Introductory courses at the undergraduate level will not be accepted.* For example, a 2000 level social psychology course will not count towards fulfilling the Social Bases of Behaviour requirement, but a 3000 or 4000 level social psychology seminar course would.



The Clinical Developmental Psychology Graduate Program at York University



- One full course in *Introductory Psychology*
- One full course in *Research Design and Statistics Analysis*
- The equivalent of six other full-courses that cover the following core areas:
 - *Biological basis of behaviour*
 - *Cognitive-affective bases of behaviour*
 - *Social basis of behaviour*
 - *Individual behaviour*
- *Check websites for ongoing/updated information prior to submitting applications*



Clinical Neuropsychology Stream

- Training to provide clinical neuropsychological services
 - Clinical neuropsychologists provide assessment, diagnosis, treatment, and/or rehabilitation of patients across the lifespan with neurological, medical, neurodevelopmental and psychiatric conditions, as well as other cognitive and learning disorders.
- Apply to Clinical or Clinical Developmental Areas



York University Psychology Clinic



- All our Areas/Stream are integrated with the York University Psychology Clinic (YUPC)
 - Provides psychological services and training to the community
 - Practicum placements, internship placements, individual cases, workshops, training opportunities

Graduate Degrees in Clinical Psychology Application Requirements (again, check program websites)



When applying to a PhD Program in Clinical Psychology, there are several components that are generally included regardless of where you are applying.

These include:

- Graduate Record Exam scores (General AND Psychology Subject Test)
- Statement of Interest
- Curriculum Vitae (Resume)
- Letters of Recommendation
- Official Transcripts

Tips from Graduate Students

- Strategies for successful applications
 - Time management
 - When best to apply
 - How to seek a mentor
 - Connecting with professors
 - Interviews
 - Back-up plans
 - Others

Other Useful Experiences

The following experiences may increase your chances of being accepted to a graduate program

1. Relevant research/lab experiences (either with a professor or with a research lab)
2. Publications / Technical Reports, Research Summarizes for the community
3. Scientific Conference Presentations (posters/papers), workshops
4. Completed Honours Thesis or equivalent
5. Related volunteer/leadership experiences on campus or in the community (e.g., PUMP, Calumet & Stong Colleges)

Don't forget...



- **Apply for Scholarships/Awards!**
 - usually during the Fall of the year that you are *submitting* applications for graduate school
- Ontario Graduate Scholarship
- Tri-Council Funding:
 - Social Sciences and Humanities Research Council of Canada
 - Canadian Institutes of Health Research
 - Natural Sciences and Engineering Research Council of Canada

Skills you have developed via your Psychology degree to prepare for other careers (back-up plan?)



1. Core psychology skills (understanding of behaviour from different perspectives, conduct and understand research, specific knowledge areas like child development, health psychology etc)
2. Communication skills (oral, written), data gathering, and organizational skills
3. Develop socio-emotional and communication skills and knowledge, awareness and sensitivity to diversity issues
4. Develop critical thinking skills
5. Develop leadership skills
6. Others?

Helpful Links

- Psych Undergraduate Program including Specialized Honours Student Information: <http://psyc.info.yorku.ca/>
- YorkU Graduate Psychology Programs:
<http://www.yorku.ca/gradpsyc/index.html>
- **York Career Centre:** <http://www.yorku.ca/careers/>
(see What Can I Do With My Psychology Degree? My Career Plan, Career Cruising, and Eluta.ca)
- College of Psychologists of Ontario: <http://www.cpo.on.ca>
- College of Registered Psychotherapists of Ontario
(<http://www.crpo.ca/>)
- Graduate Record Exam: <http://www.ets.org/gre/>

Thanks for attending!

- Questions and Comments?



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