

Resource Document

This document aims to consolidate some resources, so opportunities/experiences are easier to find to make the most of your time here at UGA.

- Psychology Website: <https://www.psychology.uga.edu/>
 - This website hosts a lot of the resources included in this document. Feel free to do your own exploration of the site!
 - Depending on your interests, it might be helpful to check out the HDFS (<https://www.fcs.uga.edu/>), the EPSY (<https://coe.uga.edu/directory/educational-psychology/>), or the ECHD (<https://coe.uga.edu/directory/counseling-and-human-development-services/>) sites. These have information on minors or majors that may be of interest to you, or there are additional labs that you can try to apply for!
- Interested in a career in mental health? ( Careers in Mental Health (Omnibus v. 2))
 - This link provides guidance on the different routes one may take when pursuing a career in mental health; explain the difference between masters- and doctoral-level career paths; provide general advice regarding how to use your undergraduate years to prepare for graduate school applications; and answer common questions about doctoral study
- Research Opportunities (Labs) (<https://www.psychology.uga.edu/research/labs>)
 - This link has all the Psychology labs at UGA. Some have descriptions, and others have sites that provide more information.
 - Some labs have applications on their sites, while for others you'll need to reach out to the professor who oversees the lab!
 - On the psychology website, they also have general information on the different research categories you can find in the Psychology Labs
 - This information is useful if you don't know what research area you are interested in!
 - If you would like information on how to reach out to professors or how to apply to labs, please reach out to us!
- Double Dawgs (<https://www.psychology.uga.edu/double-dawgs>)

- If you are interested in getting both your Bachelor's degree and Master's degree in 5 years, you can apply to be a double dawg. The psychology website has the list of programs that pair with a bachelor's degree in psychology!
- You can apply by picking a program that interests you and contacting the program advisor. The advisor will help you with the application process.
- Psychology Undergraduate Mentoring Program
 - As mentioned during the meeting, this is a mentoring program for underrepresented groups in the field of psychology.
 - This program aims to promote opportunities for these individuals by providing graduate students as mentors and increasing access. Overall, they want to create a strong foundation that leads to successful preparation for grad school.
 - Here's the form if you are interested in applying: [PUMP Interest Form](#).
- Careers (<https://www.psychology.uga.edu/careers-psychology>)
 - The psychology website has a tab focused on the different careers you are looking at when you complete a bachelor's in psychology. I provided the link below, but this is useful if you are unsure of what you would like to do! It provides contact information for a career consultant, career options, average salaries, etc.
- Applying to Graduate School (<https://www.psychology.uga.edu/graduate-school-psychology>)
 - The psychology website also has information that can help you apply to graduate school! They have information on writing a personal statement, how to succeed in an interview, and how to choose a graduate advisor.
 - I also have a PDF file that summarizes different fields of psychology and their responsibilities (when looking at them from a job perspective), this can be helpful to decide if graduate school is necessary for you! (If you would like it, just email me, and I'll send it)
 - If you eventually want to go to graduate school, but you a) don't want to do it right after college, or b) didn't get in your first try, I recommend looking at post bac opportunities to get either research or clinical experience to help make you a competitive applicant (if you want more information, email me, and I'll send something)

- There's a lot that goes into graduate school, for example recommendation letters, CV/Resumes, personal statements, picking the school, picking a graduate advisor, making sure its the right fit, etc. If you want us to delve into this topic more, just let us know!
- Psychology Undergraduate Assistant
(<https://www.psychology.uga.edu/psychology-undergraduate-assistant-pua-experiential-learning-program>)
 - This is a new program that counts for Experiential Learning Credit (there's also a paid track)
 - The program sends emails at the beginning of each semester so students can apply.
 - Certain classes look for PUAs to work together with professors and GTA's to not only reinforce the course material for themselves, but to ultimately help their peers succeed in the coursework as well.
- Clinic Internship (<https://www.psychology.uga.edu/undergraduate-internship>)
 - If you are interested in Clinical Psychology, you can gain knowledge and experience in a clinical setting with this internship!
 - Located on the 1st floor of the psychology building, this is where Clinical Graduate Students are trained to assess, diagnose, and treat patients
 - Interns help with administrative tasks and attend weekly practicum meetings where they learn how knowledge on disorders, etc are applied in a clinical setting
 - This internship is competitive, but if you are interested I highly encourage you apply.
- Volunteer Opportunities
 - Clarke County Mentor Program (<https://www.clarkecountymentorprogram.org/>)
 - Become a mentor for a child in a K-12 school. Commit to seeing them weekly for 30 minutes to 1 hour. Be a positive influence on the community by helping them set goals, succeed in their classes, and being a trusted adult
 - Clarke County Mentors is a club you can join on campus!
 - Brightpaths (<https://brightpathsathens.org/>)
 - This organization has volunteer opportunities:

- Admin work
 - Yard work
 - Providing childcare
 - This organization aims to prevent child abuse and neglect in Athens and neighboring counties. They offer parenting classes and resources on communication, healthy discipline, etc., to help parents and children have/maintain better relationships
- Books for Keeps (<https://www.booksforkeeps.org/volunteer>)
 - They aim to provide open, equal access to books for children and parents “to allow them to connect the joys of reading with the thrills of discovery”. They have different programs that they host, but they basically want to promote literacy and lifelong learning.
 - You can sign up for a volunteer shift or become a literacy mentor
- Vescent Coach
 - Olivia shared this in the GroupMe! If you’re interested, the flyer in the GroupMe explained information and provided a sign-up!
- There are a lot of volunteer organizations that you can get involved with, here are some more names in case you would like to look into them!
 - Casa Amistad
 - Sparrows’s Nest
 - Divas Who Win Freedom Center
 - Project Safe
 - Athens Library System
 - Etc.
- Elevator Pitch Resources
 - [Elevator Pitch Video Example](#)
 - [Create Your Pitch Guide](#)