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Graduate School Process by Lyn Pelletier

For Psychology majors who are planning on going to graduate school, the application process may seem somewhat daunting. If you are clueless as to where to start, a good resource is a fellow student who has already been through the process! The following is invaluable advice from current senior Psych majors Angie Haehn, Anthony Odland, and Erin Olufs, who know what it's all about:

What is your major/minor and what do you plan to do with your degree?

Angie: Psychology and Communication Double Major. I plan to go on to graduate school and get my masters in chemical dependency counseling.

Anthony: I am a psychology major with no minor. I plan to pursue graduate studies with the hope of

one day becoming a clinical neuropsychologist.

Erin: I am a double major with Peace Studies and Psychology.

Which graduate schools/programs have you applied/will you apply to?

Angie: Hazelden Foundation School of Addiction Studies.

Anthony: I am hoping to apply to approximately 20 graduate schools. Due to the fact that many individuals desire to pursue a career in clinical psychology, competition for admission to programs can be very competitive. Therefore, it is a good idea to apply to more than a few programs, while at the same time applying to a spread of programs (based on one's chances of acceptance).

Erin: I will apply to clinical psychology graduate programs around the US with a focus on child-clinical.

What do you hope to get out of the grad school experience?

Angie: I am looking to further my knowledge in general, but specifically learn more about the chemical dependency field. I also hope to get clinical experience and the education I need that prepares me for a career of my own as a chemical dependency counselor.

What have you found to be your best resource while applying to grad school?

Erin: The [Graduate Studies in Psychology](#) resource book by the APA.

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Step-by Step Guide to Locating the Psych. Offices by Brianna Ricci

CSB

1. Enter Richarda through the glass walkway connecting it with the HAB.
2. Walk past all the English offices on the first floor to the stairs at the end of the hall.
3. Go upstairs, and there are

all the offices! Just look for the room number you need.

SJU

1. Enter Pengele, turn left, and take the left-hand corridor (on your right) all the way down to the stairs at the end.

2. Go down the stairs. Straight ahead of you is a sign reading "Psychology Department".
3. Turn left under the sign. The professors' offices are located past the student worker desk.

Coordinator's Corner...Emily Cook

After spending a year away from CSB/SJU, I'm very pleased to be back as the Psych Department Coordinator! It's hard to believe that we're already halfway through the fall semester. I hope it's going smoothly for all of you as you transition into another academic year. Some of you may be starting your first semester of college, while some of you may plan to graduate in December. No matter where you're at, as the Coordinator, I'd be happy to sit down and answer any questions you

may have. I was at the same point not long ago so I can relate to some of the worries, excitements, and uncertainties you may be experiencing! I am almost always in my office and I love the advising component of my job.

I'd also like to take this opportunity to highlight the resources the Psych Department has to offer you! Some of these include: research experiences that professors are currently involved with; internship opportunities during your Junior or Senior years; a teaching

internship experience where you actually get to teach Introduction to Psychology labs; teaching assistantships and many, many more! There are also valuable resources available regarding graduate school and the application process should you choose to use your Psychology major that way. To help further address the question of what you can do with a Psychology major, the Psychology Department will be holding a **Psych Career Panel on Tuesday, November 6th from 7-8pm** with CSB/SJU

"Don't hesitate to contact me with any questions you may have throughout the year."

Coordinator's Corner Continued

Psychology alumni from a variety of areas! More information about this will be passed along to you in the coming weeks.

Don't hesitate to contact me with any questions you may have throughout the year. Feel free to stop by my office – Richarda P34 (CSB) on even mornings and odd afternoons or Pengel 133

(SJU) on odd mornings and even afternoons – or send me an email anytime. Also, be sure to check out our webpage, www.csbsju.edu/psychology, and continue to read the *Freudian Slip*. Happy Halloween!

Graduate Making a Difference with Psych. Major by Boyd Haller

Meet Alicia Reif. Alicia graduated in 2007. She was a psychology major and is doing some interesting things. I interviewed her to see what she is up to now.

What is your current occupation?

Currently, I am attending Argosy University in Schaumburg, IL, where I am

pursuing a Doctorate of Psychology (PsyD) in Clinical Psychology. My intention is to focus on child-adolescent therapy.

Why did you choose psychology as a major in College?

When considering what major I wanted to pursue, looking back over my life, I realized that I always

wanted to give people advice and help them through any kind of problem they may be experiencing. Friends always felt comfortable coming to me with problems and I was always wanting to do whatever I could to help. After taking Psych 111, I decided to follow through with the major.

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Graduation Process Continued

It tells about all the psychology graduate programs, their requirements for entry, focus and objectives, amount who apply and are accepted each year, and much more. It is an amazing resource for first looking at graduate school. In addition, the psychology department faculty have been wonderful resources and willing to answer any questions about potential programs.

What is the best advice you can give to a Psych major at CSB-SJU concerning the grad school process?

Anthony: I would suggest

that one become proactive in their education at CSB/SJU. I would also stress that one should take advantage of every available opportunity to gain research experience. Professors do not always announce these opportunities in class; so, if one is interested they should contact faculty and inquire as to whether there are any opportunities, and whether or not they can be of any help. Lastly, I would recommend starting the graduate school process as early as possible; there are many different components

which compose the application materials one submits to graduate schools.

At the Psychology Department offices at both campuses (Richarda P33 ½ at CSB, PENGL 123 at SJU) you can find numerous other materials that can help. This includes the "Handbook for Psychology Students" which contains useful information on successfully graduating with a Psychology major and beginning a career in the field. If you don't yet have one, stop by and pick up a copy today!

Graduate Making a Difference Continued

What did you do in college to get to where you are now?

To get to where I am right now I worked very hard at my school work. I took the right classes and found what I was passionate about. But I also tried to find a balance between all aspects of my life. I always found time for friends, family, athletics/exercise, and myself. No matter how much I had to do, I

always found time for myself. Also, get to know your professors. They are a great resource for you now and in the future. Although they may be a little intimidating, don't be afraid to talk with them

Do you feel SJU-CSB adequately prepared you for a career in psychology?

I definitely have found that CSB/SJU has prepared me quite well for

graduate school. Probably the two most valuable classes to me at this point, although they are all valuable, were biopsychology (physiological psychology) and tests and measures.

Is there anything else particularly interesting that you want others to know?

Enjoy college. It is a fleeting experience that goes, in my opinion, too fast.

"Enjoy college. It is a fleeting experience that goes, in my opinion, too fast."

Getting to Know Jan Holtz by Joanna Stelzner

Hometown: - Saint Paul, MN

Colleges/Universities attended (and degrees): Hamline University B.A. University of South Dakota Ph.D.

Psych areas of interest:- Clinical, neuropsychology, sexual assault and harassment

Favorite animal: - Dogs (particularly my border collie Freyja)

Favorite teaching moment: - I have no favorite moment but love it anytime when students are truly engaged and learning

Favorite color: - red

What do you enjoy doing in your freetime: Traveling, taking walks, playing with my

5 year old daughter Allison

Favorite book: Similar to the teaching moment - I love so many and varied books in diverse areas such as philosophy, literature and political science

Favorite season: Fall

It you could go on vacation right now, where would you go: Victoria, British Columbia or Halifax, Nova Scotia

CSB/SJU

College of Saint Benedict
37 S. College Ave.
St. Joseph, MN 56374
(320)363-5139

St John's University
Collegeville, MN 56321
(320)363-3195

Keep reading the Freudian Slip
for useful information.

Contact us at :
psychstud@csbsju.edu

From the Editor, Natalie Thompson

This issue of the Freudian Slip is focused on getting to know the psychology professors, graduate school process, and other information about majoring in psychology. Keep reading the future issues. We are taking the newsletter in a different direction than we have over the previous years. We hope that the newsletter will be beneficial to all psychology majors. If you have any questions, or suggestions for future newsletters, feel free to stop by the psychology offices on both campuses.

SJU Professors

Pam Bacon Laura Sinville Rebecca Pohlig
Bob Kachelski Rodger Narloch
Michael Livingston Linda Tennison

CSB Professors

Joe Buonanno Steve Stelzner
Jan Holtz Richard Wielkiewicz
Aubrey Immelman

Getting to Know the New Professor by Kate Knight

Rebecca Pohlig is a new face around campus this year and we've asked her a few questions to help you get to know her better.

Hometown: Alexandria, MN

Colleges/Universities attended (and degrees): Hamline University (B.A.), University of Alabama (M.A. and Ph.D), University of Colorado Health Sciences Center (predoctoral internship in clinical psychology—a requirement for a doctoral degree in clinical psych)

Psych areas of interest: clinical psychology and autism and developmental

disabilities

What do you enjoy doing in your free time? Outdoor activities, spending time with family

Favorite book: Neither Wolf Nor Dog, by Kent Nerburn

Favorite movie: The Patriot

Favorite place you have visited: Rome!

Favorite part about CSB/SJU: So far the people...I'm loving all the students, faculty, and staff I'm getting to work with here.

Do you have any advice for

students currently looking at graduate school programs in psychology? Keep your options open in terms of geographical location, pay close attention to how well you would be able to work with your potential faculty mentor, and build some extra time into your schedule for the semester you'll be completing applications— just applying can be a lot of work!

Are there any other random facts or interesting tidbits that would help students get to know you?

Tigger is my favorite character on Winnie the Pooh!