

Notes:

Q: How do you keep track of your applications and all of the moving pieces that go into completing your application?

- Use Google sheets. Start small, what is required, what is unique to this specific school that I am applying to that I should keep in mind while applying
- Maintain this spreadsheet and gradually improve/sophisticate it. Keep track of deadlines, when you want to get in contact with certain professors, asking for recommendations, doing your standardized tests scheduled, writing your personal statement and getting feedback on it from multiple sources

Q: What piece of advice would you have for yourself pre-grad school?

- Keep in mind that graduate school is a long game. Keep in mind that progress will happen, even if it feels like you're sitting and writing most of the day. Things will come out of your work and you will see results as you continue to put effort in.
- Understand that you are human and you have human capacities. If you routinely exceed your capacities, you will burn out. You are a wholistic individual. Maintain your relationships, connect with others, do things you enjoy, be a person outside of your job because you need things that your job cannot provide.
- Do things that bring you fulfillment especially when the stresses of grad school are getting to the point that they can be overwhelming

Q: What advice do you have on the actual applying?

- If you do not get in on your first try, don't feel bad, apply again. Many people don't get in on their first try, the field is incredibly competitive, and everyone feels imposter syndrome.
- Keep fit at the forefront of your mind. It's not about the name/prestige of the school, but understanding the way that you might fit with your future boss/advisor and if that relationship would be influential in helping you flourish
- Be prepared to talk about your past research experience. Have a 2-minute spiel but also understand that you could have a 10–15-minute period in which you have to talk about the extent to which you have experience in research. Being able to speak fluently to it can help you appear passionate and knowledgeable about your own interests
- Late Summer/Early Fall is a good time to be reaching out to faculty that you might be interested in working with. The template is something like a BRIEF introduction,

followed by a BRIEF summary of your research experiences BROADLY followed by a BRIEF connection to the professor's own work. Then politely ask if there are openings in their lab and if they may be willing to chat.

- ALSO check their lab/faculty/personal websites specifically just in case they have specific preferences or they are not taking students that cycle.
- Show in the email that you have done the legwork of looking at the professor/lab's site so that you are not asking obvious questions that can be answered by looking elsewhere online and show a specific interest in the lab's CURRENT work
- Make sure the information on your CV/resume is up to date so that your references/work experiences are functional and relevant
- Try to get the contact information of the people who have had the positions you are interested in and try to get their experiences in their own words
- Do not waste money on applications if there is nobody you are interested in working with OR if the program offers application fee waivers that you may qualify for

Q: What are some of the hard vs soft skills that are useful / would look good on a resume/CV?

- Experiences/desire to work with kids (not just kids but their caregivers as well)
- Being able to ask questions and being able to follow-up on those questions in a meaningful way
- Understanding the research process and the component pieces of it as well