Questions to Ask Yourself

1. Do you want to do applied work?
    a. Yes, I want to work with humans in the community
    b. No, I'm fine with working with humans in a lab and/or through a data lens

2. How interested are you in research?
    a. I love research and want to focus almost exclusively on a research career.
    b. Research is fine, but I want to be primarily focused on clinical care.
    c. I really, really don't want to do research.

3. What will your research experience be by the time you graduate?
    a. Little-to-no research experiences (e.g. lab courses, independent projects, theses)
    b. Minimal research experience (some exposure, <1 year)
    c. Substantial pre-graduation research experience (e.g. lots of exposure, no post-graduation experience)
    d. Substantial pre- and post-graduation research experience (e.g. post-baccalaureate position)

4. Are you open to putting in 1-2 years of research post-graduation before grad school?   YES   NO

5. Would at least one faculty member write you a GLOWING rec letter?   YES   NO

6. Would you be satisfied with a degree that exclusively focused on kids?
    a. Yes, I want to focus on pediatric mental health.
    b. Yes, I want to focus on pediatric disabilities and/or education.
    c. No, I want to focus on adults

7. Is taking out a lot of loans for graduate school a deal-breaker?   YES   NO

8. How old do you want to be when you get your first "real" job?   _____

9. Psychology licensure requires an internship that is often governed by a "match" system similar to residency. Are you open to being "matched" with sites via a competitive ranking process, which may require a one-year move?
    a. I have never heard of the psychology match, sounds fun
    b. I have never heard of the psychology match, and this terrifies me.
    c. I am open to the match system.

10. Are you geographically restricted?   YES   NO

11. Are you open to moving for a postdoctoral fellowship?   YES   NO

12. If you had to guess, what percentile would you fall for GRE and GPA?
    a. Generally very high GPA and strong GRE scores (75% and up)
    b. Average GPA and/or GRE
    c. Average or high GPA but below average GRE (<50%)