

Tips for Internship and Dissertation

This pamphlet was created by the Association of Black Psychologists Student Circle with the aim of assisting students in preparing for internship and dissertation. The information provided is based on the experiences of many successful students within the ABPsi Student Circle who have completed these tasks within their graduate school career. To that end, utilize the information provided, but always adhere to your departmental and/or university rules and regulations.

Association of Black Psychologists Student Circle



Your success is our goal. We highly encourage you to embrace our mission, purpose, and goals not only for yourself but for the broader range of people you will soon affect in your profession and society as a whole.

**We encourage you to get involved and bring your talents, skills, and ideas to the ABPsi Student Circle.
Please visit us at www.abpsi.org**

*Brought to you by the Association of Black Psychologists Student Circle
Internship and Dissertation Committee: JEMEG Dees, Martinque Jones,
Nedra Francis, Rykiell Rhea-Turner, Rashika Rentie, Robyn Gobin, and
Kimberly Smith.*

What is an internship?

Generally, an internship is an opportunity for young professionals to develop and hone their clinical and research skills prior to receiving their doctoral degree. Though supervision is provided, internships allow developing psychologists to work autonomously and truly experience the field in which they will be a part.

What is a dissertation?

A dissertation is required during doctoral study. After a student successfully completes their required coursework and a comprehensive examination, the dissertation is the final task before earning a doctoral degree. Dissertations allow students not only to display their expertise in an area of their choosing, but also make a meaningful contributions to the field.*

*<http://gradschool.about.com>

Internship

5-year Plan for Internship

1st and 2nd years

- Track your supervised practicum hours
- Pick practicum sites that offer rigorous training
- Make networking connections

2nd and 3rd years

- Ensure the practicum sites connect and have a “theme”
- Seek volunteer/practicum during the summer or outside of required hours

* “Theme” practicum sites should relate to your population of interests, your desired work environment, and/or career goals

3rd and 4th years

- Familiarize yourself with the APPIC application
- Pick out 13 – 15 possible sites
- Make yourself marketable
- Save for application fees

4th and 5th years

- Know your long term career goals
- Prepare for interviews

- Complete your dissertation
- Have a back up plan (e.g., additional practicum, seek non-APA accredited internship, sit out a year).



Seek additional readings.

Suggested Readings for Internship and Dissertation:

Williams-Nickelson, C., Prinstein, M.J., & Keilin, W.G. (Eds.). (2008). *Internships in psychology: The APAGS workbook for writing successful applications and finding the right match*. Washington, DC: American Psychological Association.

Zerubavel, E. (Eds.). (1999). *The clockwork muse: A practical guide to writing theses, dissertations, and books*. Cambridge, MA: Harvard University Press.

Heppner, P. P. & Heppner, M. J., (Eds.). (2003). *Writing and publishing your thesis, dissertation, and research: A guide for students in the helping professions*. Florence, KY: Thomson Learning.

Dissertation

7 Tips for Completing Your Dissertation

1. KISS - Keep it Simple Sweetheart

Pick a project that is interesting and manageable.

2. Set reasonable and attainable goals

You may wish to have daily, weekly, and monthly writing goals.

3. Seek external support

Solicit emotional, social, and professional support.

4. Strategically pick your committee

Pick someone who understands your topic and someone who is interested in ensuring your success.

5. Make a timeline

Allow enough time for editing and responding to committee members.

6. Relaxation, breathing, and self care

Set reasonable expectations and limits for yourself.

7. Have coursework and previous material lead to dissertation

Try to tie any papers or projects to your dissertation topic.

