



A GUIDE TO GRAD SCHOOL

UNIVERSITY OF KENTUCKY **School Psychology Program**

A resource for graduate students on funding
your degree, living in Lexington, and
succeeding in your studies



Answering your FAQ's

**Frequently asked questions about attending the
School Psychology Graduate Program at the
University of Kentucky, including topics on...**



Transitioning to graduate school



Securing Housing



Living in Lexington



Funding opportunities

**For more information about the program, visit our official
website:**

<https://education.uky.edu/edp/school-psychology-overview/>

GREATEST CHALLENGES

"Time Management--balancing a new workload."

"Organization"

"In a new city at a new school."

ADVICE FOR FIRST YEAR STUDENTS

"...it is okay to not know everything right away! Everybody has been in your position and knows that you are entering a brand-new program with very limited knowledge so it is okay to not know everything immediately."

"Take things one step at a time, use a planner, set aside some self-care time and you'll do great. Ask other school psych students about any and everything!"

MAKING THE TRANSITION TO GRAD SCHOOL



"Do something outside! Go on a walk, a picnic, etc."

"Keeping an electronic and hard copy planner."

"Watching YouTube videos"

COPING WITH STRESS

REWARDING EXPERIENCES

"...relationships I have built with members of my cohort and the improvement in my self-confidence and life skills"

"Getting to make a difference in students' lives."

"I for sure did not feel competent enough. Through conversations with other students; however, I realized that I wasn't alone in feeling like I didn't fully understand everything--and that's okay!"

"As long as you continue to work on skills like time-management and task-management, the applied nature of our program will lead to success..."

DEALING WITH IMPOSTER SYNDROME

"Going to the gym and then going to Trader Joe's after!"

"Naps"

"Hiking, playing with my dog, working out"

"Music and puzzles!"

SELF-CARE ACTIVITIES

MAKING THE

Kennedy SCHMITT

Q: What has been the most personally rewarding aspect of attending graduate school?

A: "Expanding your view point and knowledge base!"



Julia DECRE

Q: Best advice for first-year graduate students?

A: "Remember that even making it into a graduate program is a big accomplishment... Talk to your cohort and also use your professors as resources."



TRANSITION



"University Of Kentucky Off-Campus Housing Subleasing -- This was the most helpful in finding a place for myself! I knew nobody moving here, so this was the perfect resource in finding a house looking for one more roommate."

**Lexi
BIRD**

SECURING HOUSING IN LEXINGTON

ZILLOW

<https://www.zillow.com/lexington-ky/apartments/>

FACEBOOK

<https://www.facebook.com/groups/University-Of-Kentucky-Off-Campus-Housing-Subleasing-1466030493617612/forsaleposts/>

STUDENT APARTMENTS

<https://www.lexingtonoffcampus.com/>

UK HOUSING AND RESIDENCE

<https://uknow.uky.edu/student-and-academic-life/8-resources-available-students-living-campus>

THE BEST OF



RESTAURANTS



COFFEE SHOPS



OUTDOOR ATTRACTIONS



Christen STEWART

Q: What are some interesting things about Lexington that make it a unique place to live?

A: "I feel like you can walk to a ton of places! I enjoy going to games (any sport)... or the distillery district!"



FUNDING YOUR STUDIES

UK EMPLOYMENT

https://ukjobs.uky.edu/postings/search?utf8=%E2%9C%93&query=&query_v0_posted_at_date=&225=&985=&986=&987=&988=4&989=&query_organizational_tier_3_id=any&commit=Search



TALK TO PROFESSORS

"Our professors will constantly send e-mails about funding opportunities at the university throughout the summer and school year for students."

"I found it the most helpful to reach out to Dr. Fedewa and Jenny Casey (she's in charge of TAships for psychology)."



REACH OUT TO CURRENT STUDENTS

"Talk with people in your program—they might know about open funding positions at their site."

"Look outside the university... look up individual scholarships/grants!"

Q: How can prospective graduate students find out about funding opportunities?

A: "Reach out to the psych dept.—they had several positions for my cohort! Also I believe some students got assistantships at the student center."

**Sarah
MATNEY**



Want to know more
about School Psychology?

- National Association of School Psychologists (NASP)
- KY Association for Psychology in the schools (KAPS)
- Student Affiliates in School Psychology (SASP)

