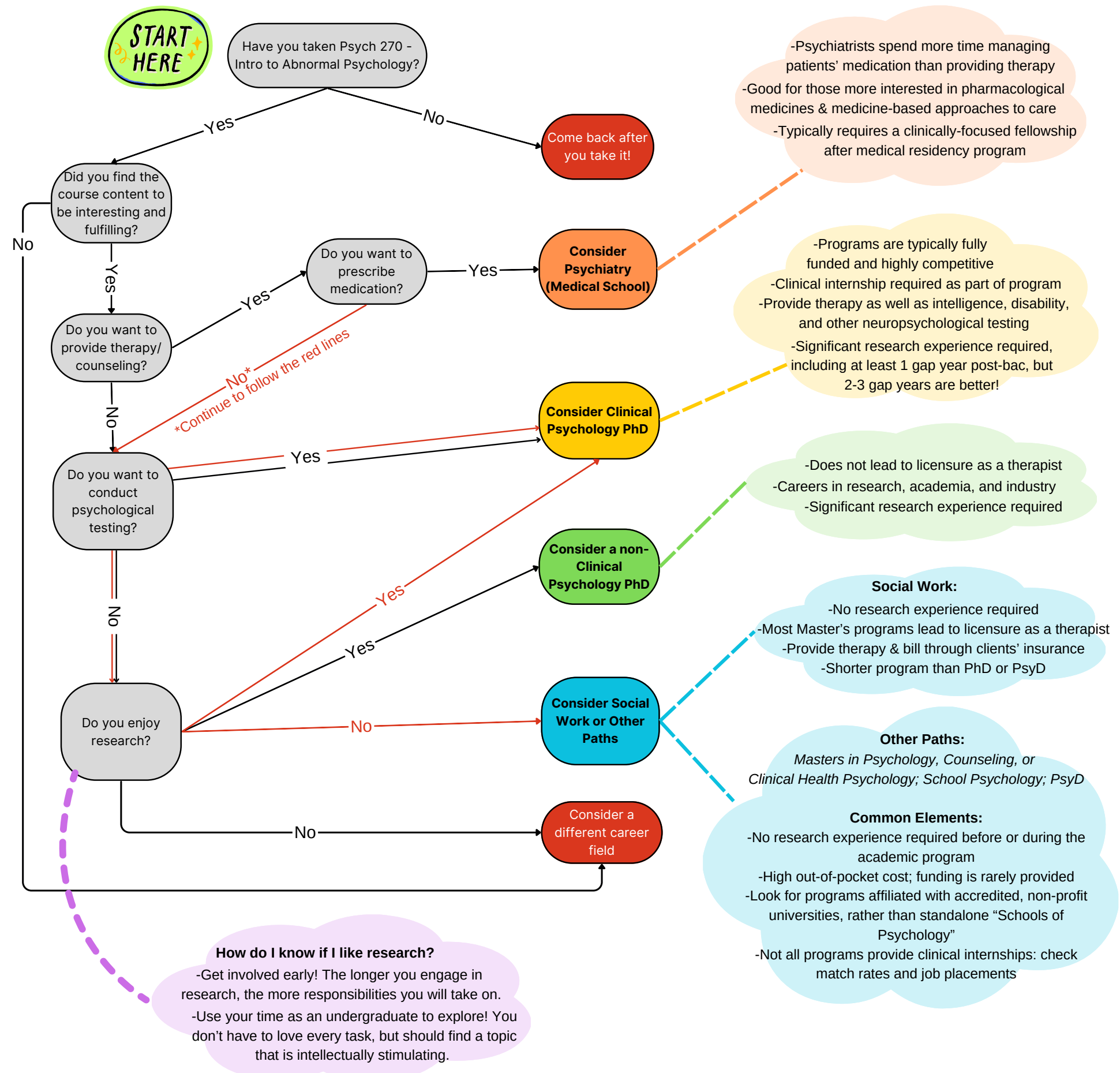


# Find Your Path: Careers in Mental Health



**How do I know if I like research?**  
 -Get involved early! The longer you engage in research, the more responsibilities you will take on.  
 -Use your time as an undergraduate to explore! You don't have to love every task, but should find a topic that is intellectually stimulating.

## Further Exploration\*

- Looking for more detailed information about the different degree options?
  - Check out [this spreadsheet](#) which breaks down the pathways even further!
  - Read [Mitch Prinstein's free, uncensored advice](#) for candid descriptions of different programs and excellent advice on getting into a Clinical Psychology PhD program.
- Considering Psychiatry?
  - Visit [Newnan's website](#) for Pre-Health preparation and advising
- Get involved in research!
  - Visit the [Psychology website](#) for more info
  - Talk to your professors/GSIs about their research
  - Review the [video resources](#) provided by the Psychology STAR Scholars Program (Scholarship, Transferable skills, Academia & Research), and consider [applying to join the program](#) (applications are accepted every fall)
  - Check out the [Undergraduate Research Opportunity Program \(UROP\)](#).
- Undergraduates considering a Clinical Psychology PhD do not need to have direct clinical experience, although it is helpful! Some ways to get experience include:
  - [MARI Internships](#)
  - Get involved with [Wolverine Wellness](#)
  - Apply to be a [CAPS Peer Counselor](#)
  - [Project Outreach and Detroit Initiative](#)
  - Volunteer for a suicide/crisis hotline
  - [Intern for the Washtenaw County Public Defender](#) (especially great for students interested in law or forensic psych)
  - Any service-oriented opportunity that provides transferrable skills, and/or allows you to interface with people in distress
- Interested in working with a specific population, such as children or the elderly?
  - Look for opportunities that allow you to interact with those populations now!
- If you are preparing for a PhD in Psychology, review the resources and information on the Psychology Department's ["Preparing for Graduate School" website](#)

★ This document is not an exhaustive list, but is meant to help you get started. [Meet with a Psych/BCN advisor](#) when you've reviewed these resources and are ready to chat further!