

All About the GRE

Presented by PUMP

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WELCOME!

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P.U.M.P at York University

Psychology Undergraduate Mentorship Program
Empowering Underrepresented Students in Academia

- A graduate student organization in collaboration with the Department of Psychology
- Provide mentorship to undergraduate students interested in graduate studies in Psychology
- Website: <https://www.yorku.ca/club/pump/>

Outline

Today's Presentation:

1. How important is the GRE?
2. Intro to the GRE
3. Study Timeline
4. Study Tips
5. Test Day and Anxiety
6. Panel Discussion

1.

How important is the GRE?

Why it is necessary and the impacts it has on graduate apps

Why is the GRE important?

- ◆ Required for many graduate programs
- ◆ Determine competitiveness of application
 - ◆ Programs often use GRE cut-offs
- ◆ $\frac{1}{3}$ of application

Programs That Require The GRE

- ◆ Clinical Psychology
- ◆ Experimental Psychology
- ◆ Accounting, economics, finance
- ◆ Some graduate science programs (i.e. MA or PhD programs)
- ◆ *may/may not have been waived for 2023 admission

Programs That Don't Require The GRE

- ◆ Some clinical/experimental psych programs
- ◆ Medical school (require the MCAT)
- ◆ Law school (require the LSAT)
- ◆ Social work/counselling MA
- ◆ ****It varies by program and by school, so make sure to check the requirements!****

Where the GRE fits in the application

- ◇ GRE scores
 - ◆ Psychology GRE scores (will come back to this)
- ◇ Statement of interest
- ◇ CVs
- ◇ Letters of recommendation (usually 2-3)

2.

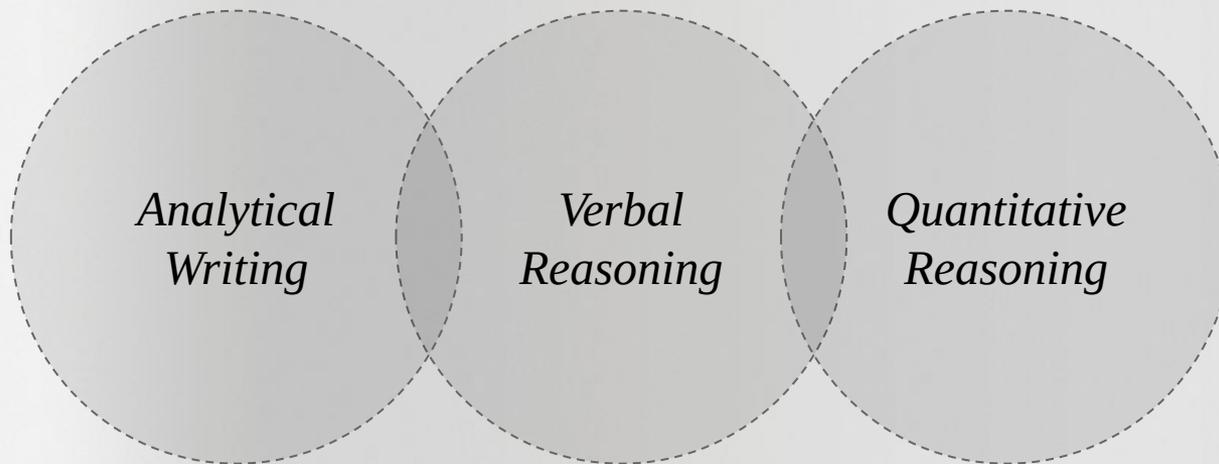
Intro to the GRE

Outline of the GRE

The General GRE: What is it?

- GRE = Graduate Record Examinations
- Standardized test for students applying to graduate programs
- In-person testing centres or at home
- Total of 3 hours 45 minutes
- Fee: \$205 USD
- Retake: once every 21 days

GRE - Three Parts



Structure of the GRE

- **Analytical Writing** — Measures critical thinking and analytical writing skills, specifically your ability to articulate and support complex ideas clearly and effectively.
- **Verbal Reasoning** — Measures your ability to analyze and evaluate written material and synthesize information obtained from it, analyze relationships among component parts of sentences and recognize relationships among words and concepts.
- **Quantitative Reasoning** — Measures problem-solving ability using basic concepts of arithmetic, algebra, geometry and data analysis.

*Sample questions for all sections can be found on www.ets.org

Structure of the GRE

- **Analytical Writing** - One section, 2 tasks: Analyze an Issue, Analyze an Argument. (Max score: 6)
Time: 30 per each task
- **Verbal Reasoning** — Two sections, 20 questions each section (Max score:170)
Time: 30 minutes per section
- **Quantitative Reasoning** - Two sections, 20 questions each section (Max score: 170)
Time: 35 minutes per section

Unscored - Doesn't count towards your score, any time after the writing section, quality control

Research - Identified research section, may get instead of unscored, questions for research purposes

*Analytical Writing always first, latter sections in any order, treat all sections as though they may be scored

GRE Changes due to COVID

- ◇ At-home version available
 - ◆ Proctored
- ◇ Proof of vaccination?
- ◇ Some additional COVID-related measures

Which Programs Have Not Waived the GRE?

- ◆ 2022 admission: Majority of programs have waived GRE
- ◆ 2023 admission: Some programs (but not all) have waived the GRE

https://docs.google.com/spreadsheets/d/1f6ZyVGn-opa_ijRyntHxfJJkaSNya4h-bwEDeDGIInv4/

Province	Institution	Program	GRE	Waiving for current (2022/2023) cycle or forever	Program Link
British Columbia	University of British Columbia – Okanagan	Clinical Psychology/all psych programs			(https://psych.ok.ubc.ca/graduate/psychology/
Ontario	Ryerson University	Clinical Psychology/all psych programs	Not accepted at all	Forever	https://www.ryerson.ca/psychology/programs/gradu
Ontario	York University	Clinical Psychology/all psych programs	ed for 2022 admission, required for 2023 admis	Current only	
Quebec	McGill University	Clinical Psychology/all psych programs	Waived		
Ontario	Queen's University	Clinical Psychology/all psych programs	Waived for 2022, required for 2023 admission		
Ontario	Lakehead University	Clinical Psychology	WAIVED	Current only	https://www.lakeheadu.ca/programs/graduate/progr
Ontario	University of Guelph	Clinical Psychology/all psych programs	Unknown for 2023		
Ontario	University of Toronto Scarborough (UTSC)	Clinical Psychology	Unknown for 2023		
Ontario	University of Windsor	Clinical Psychology/all psych programs	Waived		
Alberta	University of Calgary	Clinical Psychology	Not accepted	Forever	https://grad.ucalgary.ca/future-students/explore
New Brunswick	University of New Brunswick	Clinical Psychology/all psych programs	Not accepted		
Ontario	Western University	Clinical Psychology/all psych programs	Not required		
British Columbia	University of Victoria	Clinical Psychology	Not accepted	Forever	https://www.uvic.ca/socialsciences/psychology/grac
Quebec	Concordia University	Clinical Psychology/all psych programs	Not required	Forever	https://www.concordia.ca/artsci/psychology/progra
Ontario	University of Ottawa	Clinical Psychology/all psych programs	Not required	Forever	https://socialsciences.uottawa.ca/psychology/progr
Saskatchewan	University of Regina	Clinical Psychology/all psych programs	GRE General required		https://www.uregina.ca/gradstudies/current-student
British Columbia	University of British Columbia	Clinical Psychology/all psych programs	Not required but General + Subject preferred		
Ontario	University of Waterloo	Clinical Psychology/all psych programs	Waived for Clinical (not for Experimental)	Current	https://uwaterloo.ca/graduate-studies-postdoctoral-
		Clinical Psychology/all psych programs			

Psychology GRE

- Some programs also require the **Subject Test in Psychology**
- Fee: \$150 USD
- Approx. 205 multiple choice questions
- Time: ~2 hours 50 minutes, no breaks
- Offered: September, October, April

Psychology GRE

- Questions meant to draw from core knowledge from courses commonly encountered throughout undergraduate psychology
 - Biological (17-21%)
 - Cognitive (17-24%)
 - Social (12-14%)
 - Developmental (12-14%)
 - Clinical (15-19%)
 - Measurement/Methodology/Other (15-19%)

Psychology GRE Sample

Consider the sentence “The dishwasher is running.” Which of the following is true?

- A. It can have more than one surface structure.
- B. It can have more than one deep structure.
- C. It is grammatically incorrect.
- D. It can have more than one syntax.
- E. It violates the rules of bottom-up processing.

3. Study Timeline

When to start studying and when to take the GRE

When to Take the GRE?

- ◆ Decide when you want to take the exam:
 - ◆ Oct. of application year is latest
 - ◆ Earlier is much better (especially if want option to retake)
 - ◆ Also depends on how long you plan to study for the exam

How Much Time Studying?

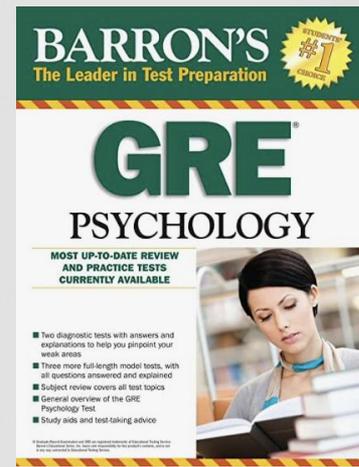
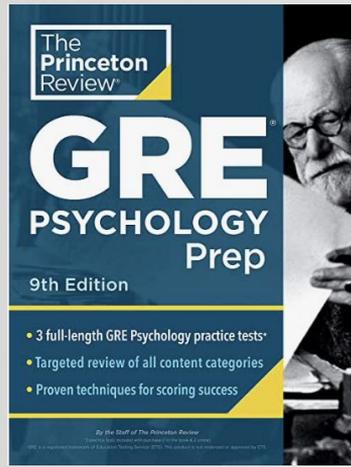
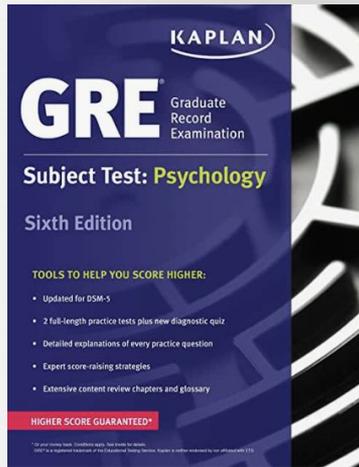
- ◇ How long can you study for the exam?
- ◇ Ideally from 1-6 months
 - ◆ 1 month: short but focused
 - ◆ 3 months: middle ground
 - ◆ 6 months: more time but can forget later

How Much Time Studying?

- ◇ Help deciding how long to spend?
 - ◆ Short quiz on Magoosh
- ◇ Timelines for studying 1 week, 1 month, 2-3 months, and 6 months from Magoosh
 - ◆ Verbal or Quantitative focus too
- ◇ All materials free:
gre.magoosh.com/study-plans

Preparing for the Subject GRE

- Workbooks
- Practice Tests (books and ETS site)



4. Study Tips

How to make the most of your studying

Practice Test

- ◆ ETS has a practice test online that looks the exact same as the real test
- ◆ Start with a timed practice exam
 - ◆ Gauge what you need to focus on
- ◆ Take practice exams, but make sure to also focus on specific sections, subsections, and types of questions you have trouble with

General Test-taking Tips

- ◆ Outline your essays before writing them
- ◆ Work backwards on math problems
- ◆ Try to answer math questions without doing math!

General Test-taking Tips

- ◇ Go through each section twice:
 - ◆ First answer all you know immediately
 - ◆ Second go back to items you are not as sure about
- ◇ Cover answers with your hands and try to answer the question without looking at the possible answers

Analytical Writing

- ◆ Two Essays
 - ◆ Issue
 - ◆ Argument

Analytical Writing - Analyse an Issue

- ◆ “Task assesses your ability to think critically about a topic of general interest and to clearly express your thoughts about it in writing.”
 - ◆ Makes a claim
 - ◇ Many perspectives and situations/conditions
 - ◆ You need to present a case for your own position about this claim
 - ◇ There is no right or wrong response

Analytical Writing - Analyze an Argument

- ◆ “Task assesses your ability to understand, analyze and evaluate arguments according to specific instructions and to convey your evaluation clearly in your writing.”
- ◆ Read brief passage which makes a case for some course of action or interpretation of events by presenting claims
- ◆ Assess the logical soundness of this case
 - ◆ Critically examine line of reasoning and use of evidence
 - ◆ There are often “key” fallacies to pick up on

Analytical Writing

- ◆ Practice and get feedback
 - ◆ Use pool of prompts on ETS website
 - ◇ [Pool of Issue Topics](#)
 - ◇ [Pool of Argument Topics](#)
 - ◆ Have a friend review/critique

Verbal Reasoning (Reading/Vocab)

- ◇ Types of questions
 - ◆ Reading comprehension
 - ◆ Text completion
 - ◆ Sentence equivalence

Verbal Reasoning (Reading/Vocab)

- ◆ Practice HOW to answer these questions and what answers they look for
- ◆ Often, there may be specific types of questions you tend to struggle with
 - ◆ Focus on these/practice them
 - ◆ Look for “formulas”

Verbal Reasoning (Reading/Vocab)

CRAVEN

- Lacking Courage
- synonyms: timid



ABERRANT

- Deviating from what is normal/expected
- Synonyms: abnormal, deviant, divergent, errant



Quantitative Reasoning (Math)

- ◆ Basic math skills and concepts
- ◆ Qualitative reasoning/methods
- ◆ Algebra
- ◆ Geometry
- ◆ Data Analysis

Quantitative Reasoning (Math)

- ◇ Can use a basic calculator, but aim to do least amount of “math” (time)
 - ◆ Focus on learning shortcuts and quick mental math
- ◇ There is a pattern to the type of questions here, pay attention to which types you typically get wrong

GRE Prep Courses

- ◇ Different programs use different structures
 - ◆ In-class (e.g. Kaplan, Oxford, Princeton Review)
 - ◆ Self-directed online (e.g. Magoosh)
- ◇ Are they worth it?

5.

Test day and anxiety

Planning for exam time and dealing with stress

Test Day

- ◆ Take the day off before the exam
- ◆ Do a few easy warm up verbal and quantitative questions in the morning before the exam
- ◆ Wear comfortable clothes
- ◆ Do something active beforehand if possible
- ◆ Eat beforehand, bring snacks/water
- ◆ Bring photo ID
- ◆ Get a good night's sleep! Research shows that it reduces anxiety and helps consolidate information :)

Test Day

- ◆ Be mindful that you will not be allowed to remove sweaters in the test room (would have to step out)
- ◆ Walk around and have snacks/water on breaks, but have to keep in a locker (not in test room)
- ◆ Use washroom during breaks

Test Anxiety

- ◆ Prepare for the exam by doing practice tests modeled EXACTLY like the real one
- ◆ Mindfulness meditation
- ◆ Exercise
- ◆ Have a friend take you to the test center
- ◆ Can apply for test accommodations

Test Anxiety

- ◇ You do NOT have to send your scores to any schools if you don't want to
- ◇ You can always take the GRE again
 - ◆ Very common
- ◇ Listen to yourself/circumstances
 - ◆ Can cancel the GRE if necessary

“

This information and these tips are not one size fits all, and based on our own experience and knowledge. Be flexible and find what works for you!”

6. Q&A Discussion

Ask us about our own experience with the GRE

Good Luck!