WELCOME!

Ricky Chow, MA 1
Lindsay Samson, PhD1

If you have any further questions you can reach out to us at
chowrk@yorku.ca
lesamson@yorku.ca
pumpyork@gmail.com
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

Analytical Writing

Verbal Reasoning

Quantitative Reasoning
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](http://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
<table>
<thead>
<tr>
<th>Province</th>
<th>Institution</th>
<th>Program</th>
<th>GRE</th>
<th>Waiving for current (2022/2023) cycle or forever</th>
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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%)
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 :)

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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!