



How to Get Hands-on Experience

Finding **Research Assistant** Positions and **Internships** in Psychology

Research Assistants (RAs) help UB Psychology faculty members conduct research

- Earn PSY 498 credit; permission of faculty sponsor is required
- Develop research skills, get specialized scientific training, and work as part of a dynamic research team
- Being an RA is excellent preparation for the UB Psychology Honors Program, graduate study in any area, and career paths focused on psychology or related fields, research, data, and/or science
- RA positions are limited and typically require an application and interview prior to start; participation is typically >1 semester

How do I find an RA position?

- Check out UB's Experiential Learning Network Project Portal (<https://www.buffalo.edu/elc/students/project-portal.html>)
- Attend the Psychology Department Research Fair held each semester, where lab representatives seek RA applicants
 - This event is held by UPA/Psi Chi and will be announced by Psychology's Undergraduate Advisor, Christa Greenberg, via email
- Contact specific faculty members after:
 - Doing well in their class
 - Looking them up in the UB Psychology Department Faculty Directory (<https://arts-sciences.buffalo.edu/psychology/faculty/faculty-directory.html>), which is a great option if you want to focus on a particular topic or area of research

How can I be a strong RA applicant?

- Do well in your Psychology coursework
- Familiarize yourself with the specific faculty member's research
 - Look for descriptions of current research and recent publications on their lab website (link provided on Faculty Directory page, see above)
 - Use PsycINFO and/or PubMed databases (accessible via UB Libraries) to find recent articles
 - Read a few of the articles and think about the scientific processes the research is investigating
- Treat the RA application process like a job interview
 - Be professional, punctual, personable, and enthusiastic about the opportunity to help conduct scientific research!

Interns do supervised applied work in a community, government or private agency, or related organization

- Earn PSY 496 credit; permission of the department and sponsoring agency is required
- Gain hands-on, real world experience while enhancing your resume
- Internships are an excellent opportunity to explore a career field (e.g., counseling, education, human resources, law, business, marketing, and more!) and make important networking contacts

How do I find an internship?

- Use UB resources like Bullseye powered by Handshake (<https://www.buffalo.edu/career/bullseye.html>) and the Career Design Center (<https://www.buffalo.edu/career/jobs.html>)
- Create a professional profile on LinkedIn (<https://www.linkedin.com>) and search for internship leads
- Attend job fairs, employer information sessions, and other on-campus events
- Network with friends, family, neighbors, professors, coaches and service professionals
- Ask a non-profit if you can volunteer for them as an intern
- Join a professional organization or student club with a local and national presence, and search their websites

How can I secure an internship?

- Start looking for and applying to internships well BEFORE the semester that you want to do the internship
- Prepare for the application and interview process
 - Update your resume; get feedback from the Career Design Center (<https://www.buffalo.edu/career/resumes.html>)
 - Research the internship site you are applying to; make sure you know what they are about and why you want to intern there
 - Consider what you have to offer the internship site, not just what they have to offer to you
 - Practice answering interview questions in a mock interview (<https://www.buffalo.edu/career/interviews.html>)
- After finding an internship, contact Dr. Joyce Lacy (jlacy@buffalo.edu) for approval to be enrolled into PSY 496