

My Graduate School Journey



My name is Kaitlyn and I am a school psychology graduate student at CSUEB. Graduate school helps me learn how to...

support students academically, socially, and emotionally.

Graduate school can be hard, but I am learning something new everyday!



parents to help students succeed in school I also get to practice assessing students to better understand them, how to write psychoeducational reports, and how to use data to make decisions. Graduate school is also teaching me how to support students' mental health.



learn new things.

In the future, I will keep building connections by working with other professionals, learning from colleagues, and continuing to learn skills.

Copyright © The McGraw-Hill Companies, Inc.

Graduate school can be stressful,
so taking care of myself is very

important! When I feel overwhelmed or tired I try to take

overwhelmed or tired, try to take a break and rest. I make time for activities I enjoy like walking my dog.

activities I enjoy, like walking my dogs, reading, spending time with

my loved ones, and playing video games. I also make sure there's a

lot of laughter sprinkled
throughout

My journey in graduate school is helping me build confidence, resilience, and learn

how to support all of the students I will serve.

I am learning that it is okay to grow at my own pace and that the road will be

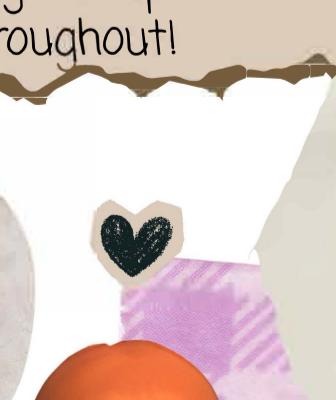
My own pace and that the road will be
bumpy but worth it!
As long as I keep trying then each day



My journey in graduate school is helping me build confidence, resilience, and learn how to support all of the students I will serve.

I am learning that it is okay to grow at my own pace and that the road will be bumpy but worth it!

As long as I keep trying, then each day will be one step closer to becoming the bumpy but worth it!!





My Grad School Journey



I'm in my spring semester of my second year.
I've gained so many skills beyond my imagination!



I've learned how to write psycho-
educational reports, conduct assessments,
and implement counseling interventions.

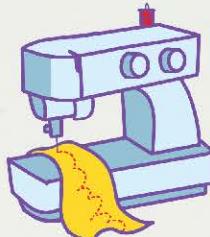
The content from classes has helped inform
my work with students. I especially enjoyed
learning about assessing English Learners.



School, fieldwork, and life can get really overwhelming, so it's essential to
practice self-care. Here are a few activities I enjoy doing to wind down:



Playing video games



Sewing



Making music



Cuddling with my pets

My grad school experience has been life-changing for many reasons, but
nothing compares to the connections I've made! My site supervisors are
valuable resources and wonderful people I'll know throughout my career.
Most importantly, my cohort-mates are now my lifelong friends and
colleagues. We will always learn from each other, support one another,
and laugh viciously together!



KAMILAH'S JOURNEY IN GRAD SCHOOL

My name is Kamilah and I'm in my fourth semester of graduate school in CSU East Bay's School Psychology Program. Let's learn more about my journey: past, present, and future!

DEVELOPED SKILLS

I have learned so much in grad school, so far! Through classes, fieldwork, and personal reflection, my knowledge of psychological theories, counseling skills, assessment procedures, and ethical standards has flourished!

THIS SEMESTER'S SKILLS

I'm lucky enough to be taking so many valuable courses this year! I'm most looking forward to strengthening my skills relating to crisis response and mental health consultation.

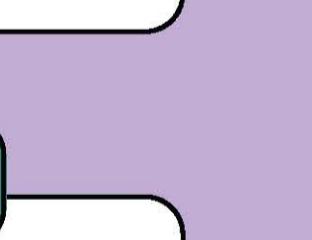


ACADEMIC/PROFESSIONAL GOALS



This year, my main goals are to gain confidence regarding IEP presentation and to expand the breadth of testing methods that I feel comfortable administering. I hope to further explore equitable, social justice-driven assessment practices, so that my assessments are as culturally competent as possible!

PERSONAL GROWTH

With all this school work and professional development, self-care is mandatory! To stay sane during the school year, I like to dance, do musical theatre (when I can), bake with my brother, and hang out with my cohort.

STAYING ORGANIZED



Staying organized is also a form of self-care! I stay organized by:

Using Google Calendar

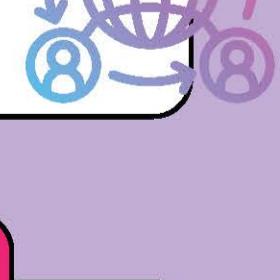
Updating a Weekly Agenda

Obsessively checking with my cohort to make sure I'm doing the right thing



BUILDING SOCIAL CONNECTIONS

Maintaining social connections throughout grad school is so important! The first step to *maintaining* connections is *building positive relationships*. I've built positive relationships by being a reliable student and peer, offering proactive help, and displaying qualities of a life-long learner.



MAINTAINING SOCIAL CONNECTIONS

To support my future career, I plan to maintain these connections and continue to develop a growing social network. My cohort is lifelong, and we will all support one another throughout our future careers.

Grad school may seem scary, but bolstering your knowledge and bonding with faculty, supervisors, and your cohort is so fun!

My School Psychology Journey

Graduate school has been a meaningful journey of growth, learning, and connection that continues to shape who I am as a future school psychologist.

Academic & Professional Goals

During graduate school, I've grown into a confident, capable school psych-in-the-making, building strong skills in assessing and supporting students' learning, behavior, and mental health. From hands-on counseling cases to trauma-informed practices, I've gained real-world experience conducting psychoeducational assessments and writing clear, meaningful reports that support the IEP process. I'm excited to keep diving into specialized areas of school psychology during my internship year and applied projects, learning more while making a real impact along the way.

Personal Growth

Graduate school has emphasized the importance of prioritizing self-care, especially when doing work that's both demanding and deeply rewarding. I stay balanced by setting clear boundaries, managing my time like a pro, leaning into stress-reduction strategies that actually work for me, such as mindfulness, intentional breaks, quality time with loved ones, video games, and the occasional solo dates.

Social & Community Connections

Building both professional and social connections has been one of the best parts of my graduate school experience. I'm especially grateful for my incredible cohort, who are my future colleagues and lifelong friends, as well as the connections I've made across programs and with the many supportive mentors who have guided me along the way. Moving forward, I'm excited to continue building my network through my training sites, professional organizations, and conferences, all in the spirit of collaboration, learning, and professional development.

Graduate school has shaped who I am and how I show up for students and school communities.

Social Story: My School Psych Journey

Hi, I'm Neha!!



I have been in grad school for 1.5 years and have learned sooo much!!

Grad school hasn't just been about professional skills, though. It's also been about personal sustainability!! These are some things I do to take care of myself:

This journey has been incredibly rewarding, and I want to set prioritize making my development sustainable and community-centric. I'm excited to continue my growth and learning by:



- Reflect on values, mentorship, organizational structure, and work environments to support a sustainable and fulfilling career in school psychology

I've learned many skills that have helped me grow as a professional such as...

- Being calm under pressure!!
- Consolidating lots of data & information in approachable ways
- Developing relationships!!



Yoga!!



Go outside!!



Journaling!!



Watching shows!!



- Intentionally building professional relationships by initiating conversations, asking about others' roles, and sharing my interests



- Seeking out informal networking opportunities and mentorship

- Participated in NASP mentorship

NASP

- Exchange ideas and collaborate with other service providers across settings

Bye now!!

