



INTERNSHIP ESSAYS TIPS & CONSIDERATIONS

General Considerations

- Have all four essays in the same document
 - Consider saving & uploading them as a PDF file to ensure nothing “moves around”
- Include your name in the header of all four essays (can also include your match number)
- Remember all essays have a 500-word limit
- Make sure to revise for grammatical errors
- Make sure you stay focused on answering the prompt (specifically for essays 2-4)
- Use active voice
- Use first-line indentation to make a distinction between the start of new paragraphs
- Use a header to separate essays
 - There is no need to include the prompt (all sites are familiar with these)

Essay 1 Considerations

- Aim to be authentic & creative
 - It can be challenging to do creative writing after spending the past years with scientific/academic writing. Consider looking for inspiration & researching strategies for improving creative writing skills
- Consider telling a story about what makes you/how you are unique
 - This essay is the opportunity for sites to get to know you on a more personal level
- Have a personal tone, but also remember to discuss professional goals
 - You do not need to tie every single point of the essay back to psychology, but remember this is part of an application for a psychology internship
- This essay is not about reinstating your CV/cover letters



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Essay 2 Considerations

- Discuss your theoretical orientation & why you use this approach
 - State your orientation at the beginning of the essay (be clear and straightforward; you should be answering the prompt)
- Choose a theoretical orientation you genuinely believe in & feel comfortable discussing
 - Consider researching & using terms you understand (you can assume that the reader(s) will understand jargon, but make sure you are using it accurately)
- You can use case study(ies) to exemplify your point(s), but be careful to not just “dump” examples without connecting them back to the theoretical orientation or showing how you conceptualize based on your theory of choice
- Discuss how you approach treatment
- Consider discussing how you approach assessment
- Include a brief summary of growth areas:
 - What would you like to obtain further experience with?
 - Are there any other theories/interventions you would like to learn during internship?

Essay 3 Considerations

- Reflect on what diversity means to you
- Consider the following topics: intersectionality, visible vs. invisible identities, identity development.
- Consider clinical examples and how diversity impacts your clinical work (intervention/conceptualization/assessment)
 - How do you integrate diversity and your theoretical orientation?
- Consider your training goals related to diversity.
 - Are there any populations or presentations you would like further experience with, or are you looking forward to working with during internship?
 - Are there any areas of growth?
 - Cultural competency?



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Essay 4 Considerations

- Discuss your research interests
- You can discuss your dissertation/doctoral project
- Reflect on how research informs your intervention/treatment
- You can discuss previous/current research experience/initiatives (e.g., publications, presentations, assistantships, etc.)
- Consider discussing the role you want research to play during internship year