



Mentee Spotlight: Katlyn Garr

Katlyn Garr is at VCU majoring in Psychology. After graduation, she plans to enroll in a Ph.D. program in clinical psychology. Read more about her experience in the Graduate School Mentorship Program.

What programs are you applying to and for what type of degree?



I am currently in the middle of applying to graduate programs in 14 different states. Thirteen of these programs are MS/PhD combined programs in clinical psychology. The other program is a Psychology doctoral program with a focus in oncology. If need be, I will take a gap year or two and gain more research

experience and apply again to clinical psychology PhD programs.

What goals did you set with your mentor?

Some of the goals that my mentor and I set out to accomplish were finalizing my CV, writing a personal statement, applying to graduate schools, making sure I have good, solid recommenders letters, submitting a research project at the Society of Pediatric Psychology national conference, and working on my honors thesis.

What are some of the challenges you have faced in this program?

A major challenge that I faced was writing my personal statement. I never imagined how hard it would be to write about myself in a professional way. Time management has also been a small challenge. Trying to balance school work, applications, internships, etc. has been difficult, but manageable if

you really focus and prioritize.

What do you like about having a mentor?

Having a mentor is extremely helpful, especially having Jessica as my mentor. No matter what I need help with, she is always ready to help me. If I am stressed, she is very good at helping me set smaller goals to accomplish the bigger ones. I am going through the graduate school application process for the first time and it is very reassuring to have my mentor as a reliable and successful source that has already been through the process and can offer advice and guidance.

What is the most important thing every mentor and mentee should know?

Every mentor and mentee should be aware of the meaning of effort. If mutual effort is not being provided, the goals you have will stay goals instead of accomplishments. Communication and respect is also very important in any relationship. Having a successful way of communicating and respecting each other is the key to a good mentor-mentee relationship.

If you could tell your mentor one thing what would it be?

I would simply say, thank you, thank you for everything. You have been a bigger help to me than what I could ever express. You are an excellent mentor and role model!



Katlyn and her mentor, Jessica