

"FIRST TRACKS"

SAN FRANCISCO STATE UNIVERSITY

First Tracks is a program for under represented undergraduate students who are interested in research careers in psychology or mental health.

First Tracks informs students about the prospects and process of pursuing a career in mental health research.

First Tracks provides five one-hour workshops (Wednesdays 12-1) during spring semester that address career paths in mental health, writing personal statements and resumes, research issues and mentoring.

INSTRUCTIONS FOR COMPLETING REGISTRATION FOR FIRST TRACKS PROGRAM

Registration to the "FIRST TRACKS" consists of the following components:

- a) **Registration form:** Please complete and sign the enclosed registration form. Where space is limited, use additional sheets if needed.
- b) **Personal Statement:** Please limit to one paragraph about your personal and academic background

Personal Statement

Please write a one paragraph brief summary about yourself and your academic background.