

# PSYCHOLOGY

## What can I do with this major?

### AREAS

#### HUMAN SERVICES

##### **Direct Care:**

Counseling  
 Psychotherapy  
 Case Management  
 Mental Health Services  
 Physical Health and Wellness  
 Crisis Work  
 Art Therapy  
 Music Therapy

##### **Administration:**

Advocacy  
 Programming  
 Community Relations  
 Management  
 Development/Fund Raising  
 Grant Writing

### EMPLOYERS

Federal government, including Departments of:  
 Health and Human Services  
 Justice  
 Veterans Affairs  
 State government, including Departments of:  
 Human Services  
 Mental Health & Mental Retardation  
 Community mental health centers  
 State psychiatric hospitals  
 Facilities for mentally impaired  
 Justice  
 Probation and parole  
 Local government  
 Senior citizens' centers  
 United Way agencies  
 Social service/nonprofit organizations  
 Religiously-affiliated service organizations  
 Hospitals/healthcare providers  
 Private psychiatric facilities  
 Employee Assistance Programs (EAP)  
 College and university counseling centers  
 Private practice

### STRATEGIES

Obtain essential practical experience through part-time or summer jobs such as camp counselor, tutor, or resident hall advisor.  
 Complete an internship for academic credit.  
 Gain experience through volunteering with organizations such as crisis hotlines, Big Brother or Sister, Special Olympics, service fraternities or sororities, etc.  
 Many entry-level helping positions require one year of related experience. Volunteer experience and internships can typically fulfill this requirement.  
 Learn to work well with different types of people.  
 Develop strong communication skills.  
 Cultivate the desire to help others.  
 Become fluent in a foreign language to serve clients who may not speak English.  
 Be willing to relocate for increased job opportunities.  
 Become familiar with government hiring procedures.  
 Acquire knowledge of government and community resources available for those in need.  
 Obtain a graduate degree in psychology, counseling, or social work for positions involving substantive counseling or psychotherapy or for advancement into administrative/supervisory positions.  
 Many specialties exist at the graduate level, for example school counseling, mental health counseling, counseling psychology, etc. Pursue particular degrees depending upon interests and career goals. See General Information on the last page for more details on this topic.  
 Maintain an excellent academic record and seek experiences valued by graduate programs.

## AREAS

## EMPLOYERS

## STRATEGIES

### RESEARCH

Social Research  
Market Research  
Data Analysis

Federal, state and local government agencies  
National headquarters of non-profit organizations  
Universities and colleges  
Market research firms  
Market research departments of consumer goods  
and manufacturing firms  
Consulting firms

Work with a professor on his or her research project.  
Develop strong quantitative and statistical skills. Take  
additional math and statistics courses.  
Obtain a graduate degree for greater opportunities.  
Obtain related experience. Get a part-time or summer  
field service position with a market research firm.  
Get involved in the American Marketing Association.  
Earn a graduate degree in psychology, statistics or  
marketing for the greatest number of opportuni-  
ties.

### EDUCATION

Teaching  
Student Affairs  
Administration  
Training  
Adult Learning

Public and private K-12 schools  
Colleges and universities  
Community instruction offered by government  
or social service agencies e.g. GED  
classes, life skills, parenting, etc.

Obtain a teaching certificate for public school positions.  
Multiple certification will increase marketability. Seek  
guidance from the education department of your  
college.  
Earn a doctoral degree for post-secondary teaching.  
Secure strong personal recommendations.  
Volunteer or work as a tutor.  
Gain experience working with children or adolescents.  
Acquire related experience on campus as a resident hall  
advisor, orientation leader, admissions tour guide, or  
peer mentor.  
Develop strong communication skills and learn to speak  
well in front of a group.

### HUMAN RESOURCES

Employment and Recruitment  
Labor Relations  
Compensation and Benefits  
Organizational Development  
Training

Large companies  
Government agencies  
Staffing and employment services  
Large non-profit organizations  
Hospitals  
Educational institutions

Gain relevant experience in human resources by  
completing an internship.  
Earn a minor in business or supplement curriculum with  
business courses.  
Seek leadership positions in student organizations.  
Develop strong computer skills.  
Earn an MBA or a graduate degree in human resources  
to attain higher level positions.

## AREAS

### **BUSINESS & INDUSTRY**

Sales  
Customer Service  
Management  
Insurance  
    Claims Management  
    Underwriting  
Real Estate  
    Sales  
    Property Management  
Public Relations

## EMPLOYERS

Service providers  
Wholesalers  
Manufacturers  
Retail stores including:  
    Department stores  
    Specialty stores  
    Discount stores  
    Super retailers  
    Online retailers  
Call centers  
Financial institutions  
Insurance companies  
Real estate companies  
Property management firms  
Apartment complexes  
Public relations departments of large  
    companies or nonprofit organizations

## STRATEGIES

Develop career goals and seek relevant experiences to prepare for those goals.  
Earn a minor in business or supplement curriculum with business or communication courses.  
Obtain relevant experience through internships or part-time jobs.  
Work a part-time or summer job in a retail store.  
    Demonstrate a willingness to take on additional responsibilities such as "assistant manager."  
Participate in student organizations and seek leadership roles.  
Learn to work well with different types of people. Develop a strong commitment to customer satisfaction.  
For sales, develop the ability to work well under pressure and be comfortable in a competitive environment.  
Be willing to start in a management-trainee program or other entry-level positions.  
When job searching, seek employers interested in hiring "any major."  
Understand the top skills employers desire and be prepared to demonstrate them, such as communication (oral and written), computer, interpersonal, leadership and teamwork, etc.

## **GENERAL INFORMATION**

- Psychology provides a broad, liberal arts background.
- Some students may choose to study psychology because they enjoy the subject but wish to pursue careers requiring "any major." In this scenario, it is critical to develop desirable skills through internships, part-time or summer jobs, or volunteer experiences. Some skills valued most by employers include: communication, interpersonal, leadership, teamwork, and computer skills.
- Other students may major in psychology because they want to work in a related field. Many entry-level helping positions are available, however the amount of direct client contact is limited for those who have a bachelor's degree. Students may wish to pursue graduate education in psychology, social work, counseling, college student personnel, or other related fields to increase opportunities and earning potential. Research career fields to learn what type of degree (master's, educational specialist, doctoral) and subject area are most appropriate. The following list provides some examples:

### **Master's Degree**

Licensed Clinical Social Worker  
Professional Counselor  
Educational, Vocational, and School Counselors  
Substance Abuse and Behavioral Disorder Counselors  
Rehabilitation Counselors  
Licensed Marriage & Family Therapists

### **Educational Specialist**

School Psychologist

### **Doctoral Degree**

Counseling Psychologist  
Licensed Clinical Psychologist  
Experimental Psychologist  
Sport Psychologist  
Industrial/Organizational Psychologist

- For those wishing to pursue graduate education, maintain a high grade point average, secure strong faculty recommendations, and gain experience through volunteer or work opportunities. Assist a faculty member with his or her research.