

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 Administration
 VA Hospitals
 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 opportunities.

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 including hospitals and 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
 businesses 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 or 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

Doctoral Degree

Counseling Psychologist

Licensed Clinical Psychologist

Experimental Psychologist

School 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.