

# Psychology

## What can I do with this major?

OCCUPATIONS	EMPLOYERS	SKILLS TO DEVELOP
<b><u>HUMAN SERVICES</u></b>		
Counseling Advocacy Mental Health Services Case Management Programming Community Relations Administration	Federal government, including Departments of: Health and Human Services Justice Veterans Administration 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 Nonprofit organizations Religiously-affiliated service organizations Hospitals	<ul style="list-style-type: none"> <li>• Obtain essential practical experience through part-time or summer jobs such as camp counselor, tutor, or resident hall advisor.</li> <li>• Complete an internship for academic credit.</li> <li>• Gain experience through volunteering with organizations such as crisis hotlines, Big Brother or Sister, Special Olympics</li> <li>• Many entry-level helping positions require one year of related experience. Volunteer experience can typically fulfill this requirement.</li> <li>• Learn to work well with different types of people.</li> <li>• Become fluent in a foreign language spoken by multicultural clients.</li> <li>• Acquire knowledge of government and community resources available for those in need.</li> <li>• Obtain a graduate degree in psychology, counseling, or social work for substantive counseling work and advancement into administrative work.</li> <li>• Many specialties exist at the graduate level, for example school counseling, mental health counseling, rehabilitation counseling, etc.</li> <li>• Graduate school is very competitive an excellent academic record is necessary.</li> </ul>
<b><u>RESEARCH</u></b>		
	Federal government including: Department of Health and Human Services National Institute of Education Office of Naval Research National headquarters of non-profit organizations Universities and colleges	<ul style="list-style-type: none"> <li>• Work with a professor on his or her research project.</li> <li>• Develop strong quantitative and statistical skills.</li> <li>• Obtain a graduate degree for greater opportunities.</li> </ul>
<b><u>HUMAN RESOURCES</u></b>		
Employment and Recruitment Labor Relations Compensation and Benefits	Large companies Government agencies Employment and temporary agencies Large non-profit organizations including hospitals and educational institutions	<ul style="list-style-type: none"> <li>• Acquire related experience as a resident hall advisor, orientation assistant, student ambassador in admissions, or peer career advisor in career services.</li> <li>• Join the Student Human Resources Management Council</li> <li>• Supplement curriculum with Human Resource Management courses.</li> </ul>

**OCCUPATIONS****EMPLOYERS****SKILLS TO DEVELOP****PUBLIC RELATIONS**

Research  
 Programming  
 Writing and Editing  
 Event Planning  
 Media Placement  
 Public Speaking  
 Fund-raising

Public relations and advertising firms  
 Companies with public relations departments  
 Professional associations  
 Federal, state and local government  
 Colleges and universities  
 Non-profit organizations

- Develop strong writing and speaking skills.
- Obtain related experience with the Chimes
- Serve as a student ambassador in admissions or work in alumni relations or other PR-related functions.
- Volunteer as a fund-raiser or political canvasser.
- Gain experience through internships.
- Join the Capital chapter of Public Relations Society of America.

**ADVERTISING**

Creative  
 Media  
 Account Services  
 Research

Advertising agencies  
 Companies with in-house advertising agencies or departments

- Obtain related experience with the Chimes or the TV program Skyline Columbus.
- Find an internship, even if unpaid, with a market research or advertising firm.
- Develop a portfolio for creative positions.
- Obtain a business minor or double major for account services positions.

**SALES**

Retailers  
 Service providers  
 Wholesalers  
 Manufacturers  
 Insurance companies  
 Real estate companies

- Obtain experience through internships or sales jobs.
- Take business courses.
- Participate in student organizations and seek leadership roles.
- Must be highly motivated and well organized.
- Must work well under pressure and be comfortable in a competitive environment.

**MARKET RESEARCH**

Management  
 Policy Development  
 Planning

Market research firms  
 Market research departments of consumer goods and manufacturing firms

- Develop a strong background in math and statistics.
- Get involved in the American Marketing Association.
- Get a part-time or summer field service position with a market research firm.
- Obtain business research experience.
- Serve as a canvasser or phone interviewer for a non-profit organization or political campaign.
- Earn a graduate degree in statistics or marketing for the greatest number of opportunities.

**RETAILING**

Management

Department stores  
 Specialty stores  
 Discount stores  
 Super retailers

- Secure leadership positions in campus organizations.
- Work a part-time or summer job in a retail store.
- Demonstrate a willingness to take on additional responsibilities such as "assistant manager."
- Be willing to start in a management-trainee program.
- Learn to work well with different types of people

## OCCUPATIONS

## EMPLOYERS

## SKILLS TO DEVELOP

### TEACHING

Public schools  
Private schools  
Colleges and universities  
Private learning centers

- Obtain certification/licensure to teach grades K-12. Earn dual certification to increase job opportunities.
- Earn a graduate degree to teach in post-secondary institutions; master's degree required for two-year colleges and a doctoral degree for four-year institutions.
- Volunteer as a tutor.
- Participate in school activities such as campus publications, student government, alumni relations, and admissions.
- Develop exceptional communication skills.
- Gain volunteer experience with Big Brother/Sister program, tutoring, sports, summer camps, teen counseling, childcare centers, or with other special populations.
- Build strong relationships with professors, supervisors, or other community leaders for strong personal recommendations.

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### **Strategies For Placement In Psychology**

- 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.
- 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.

### **Internet Resources:**

Vault: more information on the every day life of a psychologist. This site is accessible through the Career Services Website: [www.capital.edu/careers](http://www.capital.edu/careers)

Industry Profile - Psychology/Counseling: [www.wetfeet.com/asp/careerlist.asp](http://www.wetfeet.com/asp/careerlist.asp)

WetFeet.com guide to psychology/counseling: covers Industry Trends & Overview, "Love-Hate" (pros and cons of this field), Major Players and Job Descriptions & Tips.

American Psychological Association

[www.apa.org/students/](http://www.apa.org/students/)

Online Psychology Career Center

Jobs, Internships, Graduate School Advice, and More

[www.socialpsychology.org/career](http://www.socialpsychology.org/career)