What is Psychology? (from http://uncw.edu/career/psychology.html)

“Psychology is the scientific study of human behavior and mental processes, and how they are affected and/or affect an individual’s or group’s physical state, mental state and external environment. Its goal is to describe, understand, predict and modify behavior.

Psychology is the study of the mind and behavior. The discipline embraces all aspects of the human experience — from the functions of the brain to the actions of nations, from child development to care for the aged. In every conceivable setting, from scientific research centers to mental health care services, ‘the understanding of behavior’ is the enterprise of psychologists.”

What is a Psychologist? (from http://www.bls.gov/)

“Clinical psychologists work most often in counseling centers, independent or group practices, hospitals or clinics. They help mentally and emotionally distressed clients adjust to life, and they may help medical and surgical patients deal with illnesses or injuries. They may provide individual, family or group psychotherapy, and they may design and implement behavior-modification programs. Areas of specialization within clinical psychology include health psychology, neuropsychology and geropsychology.

Counseling psychologists use various techniques, including interviewing and testing, to advise people on how to deal with problems of everyday living, including career or work problems and problems faced in different stages of life.

School psychologists work with students in early childhood and in elementary and secondary schools. They collaborate with teachers, parents and school personnel to create safe, healthy and supportive learning environments for all students.

Industrial-organizational psychologists apply psychological principles and research methods to the work place in the interest of improving productivity and the quality of work life.

Developmental psychologists study the physiological, cognitive and social development that takes place throughout life. Some specialize in behavior during infancy, childhood and adolescence, or changes that occur during maturity or old age.

Social psychologists examine people’s interactions with others and with the social environment. They work in organizational consultation, marketing research, systems design or other applied psychology fields. Prominent areas of study include group behavior, leadership, attitudes and perception.

Experimental or research psychologists work in university and private research centers and in business, nonprofit and governmental organizations. They study the behavior of both human
beings and animals, such as rats, monkeys and pigeons. Prominent areas of study in experimental research include motivation, thought, attention, learning and memory, sensory and perceptual processes, effects of substance abuse, and genetic and neurological factors affecting behavior.”

**Entry-level Positions**

<table>
<thead>
<tr>
<th>Activity Leader</th>
<th>Crisis Intervention Counselor</th>
<th>International Student Advisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advertising Assistant</td>
<td>Customs/Immigration Officer</td>
<td>Junior Market Analyst</td>
</tr>
<tr>
<td>Assist. Account Executive</td>
<td>Employment Agency Counselor</td>
<td>Labor Relations Specialist</td>
</tr>
<tr>
<td>Community and Social Service Worker</td>
<td>Food and Beverage Assistant Manager</td>
<td>Market Research Analyst</td>
</tr>
<tr>
<td>Case Worker</td>
<td>Health Club Assist. Mgr.</td>
<td>Marketing/Sales Manager</td>
</tr>
<tr>
<td>Community Relations Rep.</td>
<td>Hospice Coordinator</td>
<td>Media Buyer</td>
</tr>
<tr>
<td>Copywriter</td>
<td>Hotel Event Management</td>
<td>Media Planner</td>
</tr>
<tr>
<td>Corporate Merchandising</td>
<td>Human Resources</td>
<td>Mental Health Coordinator</td>
</tr>
<tr>
<td>Corrections Officer</td>
<td>Public Opinion Surveyor</td>
<td>Personnel Assistant</td>
</tr>
<tr>
<td>Correctional Caseworker</td>
<td>Public Relations Assist.</td>
<td>Personnel Interviewer</td>
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<tr>
<td>Cottage Parent</td>
<td>Recreation Specialist</td>
<td>Statistician Assistant</td>
</tr>
<tr>
<td>Probation Officer</td>
<td>Sales Representative</td>
<td>Teacher</td>
</tr>
<tr>
<td>Professional Employment Recruiter</td>
<td>Social Service Professional Staff</td>
<td>Technical Writer/Communicator</td>
</tr>
<tr>
<td>Program Developer</td>
<td>Wage/Benefits Analyst</td>
<td>Television/Media Research</td>
</tr>
<tr>
<td>Youth Corrections Officer</td>
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</tbody>
</table>

**Related Career Titles for Advanced Degrees**

<table>
<thead>
<tr>
<th>Account Executive</th>
<th>Crisis Intervention Counselor</th>
<th>International Student Advisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Therapist</td>
<td>Counselor - School</td>
<td>Job Developer</td>
</tr>
<tr>
<td>Child Psychologist</td>
<td>Counselor - Vocational</td>
<td>Junior Market Analyst</td>
</tr>
<tr>
<td>College Student Affairs</td>
<td>Creative Director</td>
<td>Labor Relations Specialist</td>
</tr>
<tr>
<td>Career Planning Prof.</td>
<td>Human Resources Adm.</td>
<td>Market Research Analyst</td>
</tr>
<tr>
<td>Community Relations Dir.</td>
<td>Personnel Manager</td>
<td>Marketing/Sales Manager</td>
</tr>
<tr>
<td>Counselor - Alcohol/Drug</td>
<td>Physical Therapist</td>
<td>Training &amp; Development Professional</td>
</tr>
</tbody>
</table>
How do you get ready? (from http://career.utk.edu/students/majors/pdf/psychology.pdf)

- 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.
- 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 and 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.
## Related Major Skills

<table>
<thead>
<tr>
<th>Interpersonal communication (oral and written)</th>
<th>Engage in ethical practice</th>
</tr>
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<tbody>
<tr>
<td>Knowledge of human development &amp; behavior</td>
<td>Problem solving</td>
</tr>
<tr>
<td>Able to observe, analyze &amp; interpret Information</td>
<td>Decision making</td>
</tr>
<tr>
<td>Concern for and sensitivity to others</td>
<td>Interviewing techniques</td>
</tr>
<tr>
<td>Critical and inferential thinking</td>
<td>Good listener</td>
</tr>
<tr>
<td>Insight to deal effectively with people</td>
<td>Able to promote healthy relationships</td>
</tr>
<tr>
<td>Ability to resolve or mediate conflicts</td>
<td>Understanding of group dynamics</td>
</tr>
</tbody>
</table>

## What about the future?

“Overall employment of psychologists is projected to grow 19 percent from 2014 to 2024, much faster than the average for all occupations. Employment growth will vary by occupation.”

For additional job outlook information, refer to [www.bls.gov/](http://www.bls.gov/)

## Available at Albright College Career Development Center’s Resource Library

- Great Jobs for Psychology Majors, by Julie DeGalan and Stephen Lambert
- Career Opportunities in Health Care, Shelly Field
- Careers for Caring People and Other Sensitive Types, by Adrian A. Paradis
- Careers for Good Samaritans and other Humanitarian Types, by Marjorie Eberts and Margaret Gisler
- Careers for Kids At Heart and Others Who Adore Children, by Marjorie Eberts and Margaret Gisler
- Careers for New Agers and Other Cosmic Types, Blythe Camenson
- Careers for Scholars and Other Deep Thinkers, Blythe Camenson
- Careers in Criminology, by Marilyn Morgan
- Opportunities in Child Care Careers, by Renee Wittenberg
- Opportunities in Counseling and Development Careers, by Neale Baxter and Philip A. Perry
- Opportunities in Gerontology and Aging Services Careers, by Ellen Williams
- Opportunities in Human Resource Management Careers, by William J. Traynor and J. Steven McKenzie
- Opportunities in Mental Health Careers, by Philip A. Perry
- Opportunities in Non-Profit Organization Careers, by Adrian A. Paradis
- Opportunities in Psychology Careers, by Charles M. Super and Donald E. Super
- Opportunities in Social Science Careers, by Rosanne J. Marek
- Opportunities in Social Work Careers, by Renee Wittenberg

## Disclaimer

Links to Internet sites are provided for your convenience and do not constitute an endorsement by Albright College or the Experiential Learning and Career Development Center.
Job and Internship Search Links

- Association of Psychology Postdoctoral and Internship Centers, http://www.appic.org/
- Children’s National Medical Center, www.childrensnational.org/ForDoctors/gme/internships/psychology/default.aspx
- Work for Good, https://www.workforgood.org/
- HR Job Net http://www.hrjobnet.com
- Pre-Professional Internship Information http://www.learnpsychology.org/pre-professional-experience/
- Counseling Job Info https://www.moneygeek.com/careers/counseling/
- Psychology Job Info https://www.moneygeek.com/careers/psychology/

Career Planning Links

- Social Psychology Network http://www.socialpsychology.org

Professional Associations Links

- American Counseling Association, http://www.counseling.org/