“What can I do with a degree in Psychology?”

Holly Platz
Career Counsellor, Career Services
How can you make the most of today’s opportunity to learn?

- Share your own experiences, questions, and perspectives to help others
- Engage in the career fit exercises to internalize the learning and have tangible next steps for your career search

**Ways to contribute:**
- Write a comment or question in the chat
- Raise your hand to speak out loud
Career Development Model

- **Know Yourself**
  - Who am I?

- **Investigate Your Options**
  - Where do I want to go?

- **Communicate Your Value**
  - How do I show fit?

- **Focus and Plan**
  - How do I get there?
Warm-Up Activity

Life is “supposed to” look a lot like the image above.

Disagree (1)
Agree (10)
Warm-Up Activity

- create a startup
- take a year off
- create a new position
- work full-time
- change industries
- work part-time
- get a job
- join a startup
- field school
- complete an externship
- study abroad
- change jobs
- volunteer
- work abroad
- go back to school
- take a night course
- work at non-profit

adapted from Career Crafting the Decade After High School, 2015, Cathy Campbell
How Careers “Happen”

Many people think:

- Study psychology
- Study something else

Career Options:
- Career Option 1
- Career Option 2
- Career Option 3
- Career Option A
- Career Option B
How Careers “Happen”

In reality:

- Study psychology
- Study something else

Career Option 1
Career Option 2
Career Option 3
Career Option A
Career Option B
Reaching A Destination

Your Degree

Skills, Knowledge, Interests & Experience (gained in and out of classes)

Your Job
By the end of today’s workshop, you should be able to:

• Use career exploration tools to help identify your skills, values, and/or interests related to work
By the end of today’s workshop, you should be able to:

• Access basic labour market information about a potential career path (such as sample job titles, approximate number of openings per geographic area, and average salaries)
By the end of today’s workshop, you should be able to:

- Identify at least one thing you are already doing (or one thing you could be doing) during your degree to help you enter a potential career path.
How do I explore career options?
What could you do with Psych?

PSYCHOLOGY MAJOR MAP

MAJOR BACHELOR OF ARTS (HONOURS)

1ST YEAR

- In first year you'll have the chance to explore the foundations of psychology along with some electives.
- See the back page for specific courses to consider.
- Attend Majors Night in the Winter term to learn more about Plan options.
- Want to make sure your academic advisors see your interests?
- Visit SASS Student Support Services and the Writing Centre for some help.

2ND YEAR

- Start going deeper into the discipline of Psychology, while considering minor or double major options, such as Global Health and Psychology.
- Attend the Psychology Society in the Fall term to learn more about career opportunities.
- Start planning your courses for next year — for some ideas, see the back page.

3RD YEAR

- A chance to start gaining courses in areas of interest, or to keep it more general and explore many areas of Psychology.
- Meet with an Academic Advisor to make sure you are on track and have planned and your courses for next year — for some ideas, see the back page.

4TH OR FINAL YEAR

- In fourth year you will have the chance to participate in research-based courses that can lead to Graduate School or to your future career path.
- Make sure to finish up all your courses for your major and any optional minor or certificate.

GET THE COURSES YOU NEED

GET RELEVANT EXPERIENCE

- Join organizations on campus such as the Social Health Resource Center and the Mental Health Awareness Committee. See the ARTS Clubs Directory or the Queen's Get Involved page for more info.
- Get an upper year Peer Mentor in PSYCH. Ask the PSYCH Department Student Council (DSC) for details.

GET CONNECTED WITH THE COMMUNITY

- Volunteer on or off campus with different community organizations such as Autism Ontario Kingston, Big Brothers Big Sisters KFL&A, Telephone Aid Line Kingston, and the Kingston Sexual Assault Centre.

GET THINKING GLOBALY

- Prepare for work or study abroad in a multi-cultural environment by taking QUC's International Studies Certificate, and research possible immigration regulations.
- Speak to a QUC advisor to get involved in their programs, events, and touring opportunities.

GET READY FOR LIFE AFTER GRADUATION

- Grasp with program decisions! Go to Majors Night or get some help wondering about career options from Career Services.
- Build your transferrable skills in time management, problem solving, writing and more with Student Success Services.

CAREER SERVICES INFORMATION AREA, such as Career Services or Psychology.

- Explore career options by reading books in the Career Services Information Area, such as Career Paths in Psychology.
- For more information check out Career Coaching by finding and connecting with alumni on LinkedIn. Go to the PSYCH Careers Night in February, hosted by the PSYC DSC.

INTERNATIONAL STUDENTS INTERESTED IN STAYING IN CANADA can speak with an International Student Advisor.

- Volunteer with places like Immigrant Services Kingston & Area.

WHAT WILL I LEARN?

- Knowledge of areas of Psychology such as perception, cognition, motivation and personality development.
- How to design research studies and analyze quantitative data using statistical tests.
- Knowledge of human and animal behavior and mental processes.
- How to evaluate scientific journal articles critically.
- Oral and written communication to prepare and present reports from research.

WHERE CAN I GO?

- A degree in Psychology can take your career in many directions. Many students choose to continue their academic journey with Master's. Our students are equipped with a strong foundation for careers in:
  - Advertising
  - Child and youth care
  - Community development
  - Counseling
  - Career counseling
  - Career counseling
  - Occupational health and safety
  - Organizational behavior
  - Physical therapy
  - Psychiatry
  - Residential care
  - Social work
  - Speech-language pathology
  - Taking your degree and career options, build experience and network can help you have a smooth transition to the world of work after graduation.
What could you do with Psych?

- Advertising
- Basic and applied research
- Business administration and management
- Child and youth care
- Community development
- Conflict resolution and mediation
- Consumer behavior
- Corrections
- Counseling
- Career counseling
- Ergonomics
- Forensic assessment
- Health care administration
- Human resources
- Law
- Marketing
- Media – electronic & print
- Medicine
- Mental health services
- Neuroscience
- Occupational health and safety
- Occupational therapy
- Physical therapy
- Professor
- Program evaluation
- Psychiatry
- Residential care
- Social work
- Speech language pathology
- Teaching
Finding Career Fit.

Clues about what might be a good fit for you in the future can be found in the past. Start by listing key experiences below, then reflecting on those experiences to see what they tell you about your skills, values, and interests.

1. Your Story so Far...
Consider education, jobs, volunteering, clubs, extracurriculars, hobbies, travel, and anything else that you feel is significant.

2. What have you learned about yourself?

Skills & Qualities
What are you good at? What skills do you like to use?

Values & Needs
What matters to you? What do you need to be happy?

Interests & Possibilities
What do you pay attention to? Think or read about?

3. What’s Your Focus? Areas to Explore

Notes:
Challenge Cards

Book a Career Consultation appointment to use them!
At a Glance

Industrial-organizational psychologists study how people act in the workplace. They identify issues, and then help companies solve them.

EARNINGS RANGE

40K - 100K

LEVEL OF EDUCATION

University

Industrial-organizational psychologists often implement incentive programs to make employees happier and more productive. This psychologist helps companies develop leadership within their ranks and hire talented professionals.

https://careercruising.com/

Username: career
Password: golden
Explore an occupation

Learn about an occupation: available jobs, wages, career prospects, skills, job requirements and more.

- Occupation
- Location

Province/territory, city or postal code (optional)

Search

https://www.jobbank.gc.ca/career-planning/search-job-profile
LinkedIn’s Alumni Search Tool

Queen’s University
Queen’s is Canada’s definitive university experience.
Kingston, on · 139,903+ alumni · 193,252 followers

Visit website ✔ Following More

139,904 alumni
Search alumni by title, keyword or company
Start year 1900 End year 2021

Where they live
117,289 | Canada
45,326 | Toronto, Canada Area

Where they work
3,648 | Queen's University
867 | University of Toronto
Choose a tool that might help you explore, and spend a few minutes trying it out! As you come across interesting words/phrases and new ideas, jot them down on your Career Fit worksheet.
How do I learn more about the options I am considering?
MyCareer Job Boards

• **Work Study:**
  • Provides funding for on-campus positions
  • Eligibility is determined by Student Awards
  • Participants must maintain full-time student status

• **Summer Work Experience Program (SWEP):**
  • Jobs with on-campus departments and local non-profits
  • Standard application timeline: late December to mid-February
  • All full-time undergraduate students returning to studies in the fall are eligible

• **Queen’s Undergraduate Internship Program (QUIP):**
  • Full-time employment for 12-16 months before graduation!
  • Must be registered in the program ($35) to view the job board

• **General Job Posting Board:**
  • Part-time, summer, and full-time positions for students and alumni

[https://careers.sso.queensu.ca/home.htm](https://careers.sso.queensu.ca/home.htm) —> Student log-in
Employers on Campus

• **Information Sessions:**
  • Various days and times — see Events/Workshops Calendar on MyCareer

• **Career Fairs:**
  • Virtual Fall Career Fair: September 23rd, 2021 (Hosted on Brazen)
  • Eng & Tech Fairs: October 19th and 20th, 2021
  • Summer Opportunities Fair: Date TBD, January 2022

• **Academic Showcases and Conferences:**
  • [https://www.queensu.ca/academics/showcases](https://www.queensu.ca/academics/showcases)
Labour Market Information

• Identify career paths that suit your skills and interests
• Identify trends in sectors, occupations, and locations
• Identify which skills are in demand
• Access real-time information on job postings and the employment requirements for a particular type of job
• Provincial and national resources on next slides

Canadian Online Job Posting Dashboard:
“Interactive tool allowing users to explore timely detailed labour market information related to online job postings by occupation, geography, time period and work requirements”
https://lmic-cimt.ca/canadian-online-job-posting-dashboard/

Post-Secondary Graduate Earnings:
“In-depth research on earnings of university and college graduates”
https://lmic-cimt.ca/data-dashboards/graduate-earnings/
Canadian Job Bank — Trend Analysis

Explore job prospects

Discover the employment prospects for your dream job across Canada, or compare different occupations.

 Occupation

education consultant

Search

Employment Prospects Methodology | FAQ

Explore the market

Occupation

Wages

Prospects

Trends and news

https://www.jobbank.gc.ca/trend-analysis/search-job-outlooks
Information Interviews

• Strategically and systematically talking to people about their career paths!

  • **People you already know:**
    • Map your network
    • Start within your comfort zone and work your way out

  • **People you haven’t met yet:**
    • Referrals from your network
    • Research on LinkedIn

• **Relevant Tipsheets**
  [https://careers.queensu.ca/students/tipsheets-career-resources/tipsheets](https://careers.queensu.ca/students/tipsheets-career-resources/tipsheets):
  • Information Interviews
  • LinkedIn [2] Strategy
  • Networking
Queen’s Connects Career Network for Students and Alumni is a LinkedIn group intended for you as a student to interact with alumni as you go through your program at Queen’s. Start conversations with alumni about topics and decisions that affect your future by joining this rapidly-expanding online Queen’s community.

Students ask questions and alumni are ready to respond...

STUDENT

Hello. I am looking for advice on transitioning into Communications and Media.

ALUMNI

Hi! Great to meet you. I am a marketing and communication professional with a lot of international experience...

STUDENT

How can I bridge the gap between my academic experience and NGOs?

ALUMNI

Interesting question. As a policy analyst with the Canadian Government...

STUDENT

I am interested to learn more about companies that create biomedical devices.

ALUMNI

Hello. I work as a Research and Development Engineer at a medical devices company.
Choose a tool that might help you explore, and spend a few minutes trying it out! As you come across interesting words/phrases and new ideas, jot them down on your worksheet.
How do I prepare myself for one or more of these options?
Skills Cards

Collaboration & Teamwork

The ability to work as a team member with other people to achieve a common goal.
You’ve got skills!

What can I learn studying PSYCHOLOGY?

• Knowledge of areas of Psychology such as perception, cognition, motivation and childhood development
• How to design research studies and analyze data using statistical tests
• Knowledge of human and animal behaviour and mental processes
• How to evaluate scientific journal articles critically
• Oral and written communication to prepare and present reports from research
• Observation and decision-making
• Resource and time management
• Insight to deal effectively with people, show concern for and sensitivity to others
• Critical and inferential thinking to analyze and interpret information
Skills in demand...

In general, when evaluating potential entry-level hires, which of the following attributes matter most to your company?

- People skills/relationship-building
- Communication skills
- Problem-solving skills
- Analytical abilities
- Leadership skills
- Industry-specific knowledge & experience
- Functional knowledge
- Technological literacy
- Project management skills
- Creative thinking
- Other

http://www.ceocouncil.ca/
Identifying and Bridging Gaps

• Through this process, you may identify gaps — qualifications and skills your desired field(s) of work value that you do not yet possess. That is okay!

• Some ways Career Services can help you bridge these gaps:
  • Skill Builder worksheet
  • Drop-in advising
  • Career Consultation appointments
  • Employment programs like Work Study, SWEP, and QUIP
  • Volunteer and job opportunities posted through the MyCareer portal
Next Steps

Identify one (small!) goal or next step, and a realistic timeline for starting it. Then, jot it down in the notes section at the bottom of your worksheet or – if you use a planner – in your planner.
KNOW YOURSELF

Who am I?

INVESTIGATE YOUR OPTIONS

Where do I want to go?

COMMUNICATE YOUR VALUE

How do I show fit?

FOCUS AND PLAN

How do I get there?

Thoughts & Feelings

Education & Training

Experience Building & Experiential Learning

Thoughts & Feelings

Education & Training

Experience Building & Experiential Learning

Relationships & Influences

Consider Systemic Factors

Career Paths

Identity

Career Theories & Models

Skills, Values, & Interests

Decisions Goals & Plans

Meaning & Purpose

Job Search

Job & Grad School Applications

Leverage Resources & Address Barriers

Professional Conversations

Stories & Messaging

Online Presence & Networking
• There are lots of informational resources out there – the key is not necessarily to find and use every single one available, but to stitch together a few that work well for you.

• Having some clarity about who you are and what you want is helpful, but so is knowing that you will continue to grow and change over time.

• It’s never too early (or too late!) to start learning about careers

• Knowing what is valued can help you prepare for a certain goal, but following your interests can also help you reach a destination you like.

• Connect with Career Services for more help!
Virtual Career Fairs and Employer Information Sessions

Workshops (Hybrid)

Job Postings and Employment Programs

Online Tipsheets and Resources

Career App’t.s and Drop-In (Hybrid)