# CAREER PATHS: WHAT CAN YOU DO WITH YOUR PSYCHOLOGY DEGREE?

Ву

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**CUPA** Workshop

#### **OUTLINE**



What skills will you obtain?



What can you do with a B.Sc or B.A. degree?



What can you do with a Master's degree?



What can you do with a PhD?



What can you do with a postdoctoral degree?



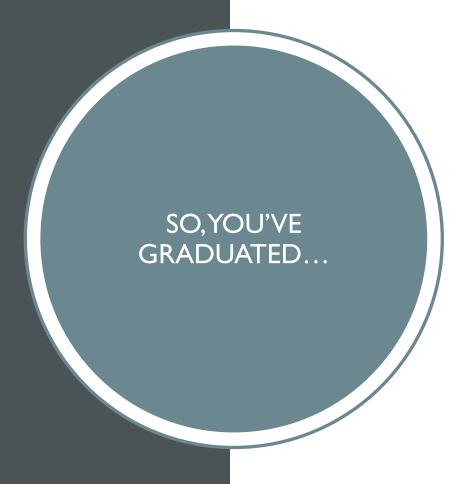
Helpful resources and tips!



What did I do?

#### WHAT SKILLS WILL YOU OBTAIN?

- Very transferrable!
- Skills! Including the ability to...
  - Analyze problems
  - Think critically
  - Interpret and evaluate research
  - Do and understand statistics
  - Understand the genetic, biological, and social influences on behaviour
  - Be sensitive and aware of interpersonal, developmental, and cultural differences
  - Etc....



- What can you do with my B.A. or B.Sc. in Psychology?
  - Take a gap year.
  - Find a job and work work work work (\$\$\$).
  - Go back to school.

#### **GAPYEAR**

#### Take a year off!

Gain research experience.

Volunteer.

Work.

Travel.

Do all the things you couldn't do while you were in school!



#### FIND A JOB (\$\$\$)

### Opportunities for **Employment!**

• A bachelor's will not prepare you for any *one* job, but it will give you the skills to succeed across *many* jobs.

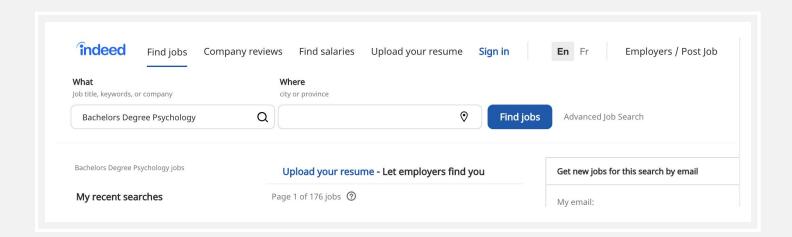
#### **Different Domains:**

- **Healthcare** (e.g., administrative support, intake worker, psychiatric aide, educator, rehabilitation aide, case worker)
- Schools/Education (e.g., career counsellor, alumni director, activity coordinator)
- **Childcare** (e.g., day care worker, supervisor, coach, youth program coordinator)
- **Research** (e.g., research assistant, project coordinator)

#### FIND A JOB (\$\$\$)

#### Different Domains (continued)

- **Business** (e.g., advertising, marketing, human resources, professional recruiter, work in a start-up)
- Teach/Writing (e.g., technical writer, tutor)
- **Government** (e.g., immigration officer)
- Community (e.g., not-for-profits, volunteer coordinator)
- Military



#### GO BACK TO SCHOOL

#### • Your B.Sc/B.A. in Psychology will allow you to apply to:

- Graduate programs in Psychology (Clinical, Counselling, Experimental, School, Neuroscience)
- Law school.
- Medical school.
- Journalism.
- Business.
- Speech Pathology.
- Etc...



#### TYPES OF PSYCHOLOGY PROGRAMS

- Experimental Psychology
- Clinical Psychologists (MA, PhD, or PsyD)
- Counselling and Educational Psychology
- School and/or Child Psychologists
- Art /Music/Drama Therapists (MA)
- Neuropsychologists

## YOU CAN ONLY CALL YOURSELF A PSYCHOLOGIST IF....

- You go to graduate school!Clinical Psychology
- Then you can do some form of...
  - Clinical work (i.e., therapy)
  - Teaching
  - Research



#### EXPERIMENTAL PSYCHOLOGY (MSC/PHD)

No clinical component.

#### Teach

- Masters (e.g., CEGÉP/College, Tutor)
- **PhD** (e.g., University Professor)

#### Research

- **Masters** (e.g., lab coordinator, research associate)
- PhD (e.g., start your own lab, pursue a postdoc)

#### Work

- Businesses/organizations
- Universities/schools
- Data science (i.e., statistician, computer programmer)

## CLINICAL PSYCHOLOGY, ETC.

# Clinical, Counselling, and School Psychologists

- MA: Can only become a licensed psychologist in Nova Scotia and Alberta!
- **PhD:** Can be a licensed psychologist anywhere in Canada!

Drama,
Music, and
Art
Therapists
(MA only)

- Can apply for a psychotherapy license (to do clinical work)
- Not able to call themselves psychologists

Where can you do clinical work?

- **Public** (Hospitals, Schools, Homes, Community Settings)
- **Private** (Private practice, businesses, organizations)

#### CLINICAL PSYCHOLOGY, ETC (CONT'D)



#### You can also...



#### Become a university professor!



**Teach** (e.g., CEGÉP/College, Some universities, Supervise)



Research (e.g., start your own lab, pursue a postdoc)

#### OTHER TYPES OF PSYCHOLOGISTS

- You can gain specialization in different areas...
  - Neuropsychologists (e.g., assessments in hospitals, insurance companies)
  - Forensic Psychologists (e.g., law/court system, risk assessments, jury selection)
  - **Health Psychologists** (e.g., work with medical patients, behavioural medicine)
  - Sports Psychologists (e.g., team building, consult athletes, coping with injury)
  - Industrial/Organization Psychologists (e.g., work with businesses, consultant)

#### WITH A POST DOC...

#### What is a post doctoral degree?

#### Doing a post doc...

- Isn't always necessary!
- Will likely help you secure a job in academia (university professorship).
- Build your research expertise/domain.
- Enhance academic collaborations.
- Responsibilities: research, mentor, teach, and write grants.

#### Where can you do one?

- Universities (mostly).
- Non-profits.
- Government.



#### • Lifestyle factors worth considering...

- Where do you want to live?
- Work/life balance?
- Do you want money (\$\$\$)?
- Build your own schedule?
- Be your own boss?
- Do you want to mentor?
- Work alone or in a team?



#### The moral of the story....

- There is no "right" path to take!
- The skills you obtain with a psychology degree can take you many places.

- APA Webinar Series: How did you get that job?
  - https://www.youtube.com/playlist?list=PLxf85lzktYW KZbjTZ72ldq41EoCgzlVoq

#### CONFUSED? DON'T WORRY...

- Most people figure it out as they go...
- Concordia Based Resources:
  - Mentorship Among Psychology Students (MAPS)
    - https://mapsconcordia.weebly.com/
  - Concordia's Undergraduate Psychology Association (CUPA)
    - <a href="http://www.facebook.com/cupa.concordia">http://www.facebook.com/cupa.concordia</a>
  - Career Counselling at Concordia
    - https://www.concordia.ca/students/success/career-planning-services/career-counselling.html
  - Concordia Career and Planning Services (CAPS)
    - (1) Job Search Advising, (2) Career Counselling, (3) Student Success Resource Centre, (4) Career Workshops, (5) Career Events and Job Fairs
    - https://www.concordia.ca/students/success/career-planning-services.html
  - Talk to graduate students (like us!).

#### REFERENCES/RESOURCES

#### Helpful Websites/Resources

- <a href="https://www.utm.utoronto.ca/careers/careers-by-major-psychology">https://www.utm.utoronto.ca/careers/careers-by-major-psychology</a>
- https://ca.indeed.com/Psychologist-jobs
- <a href="https://cpa.ca/careers/">https://cpa.ca/careers/</a>
- Lots of books available on Amazon!
  - What Psychology Majors Could (and Should) be Doing
  - The Insider's Guide to the Psychology Major
  - Career Paths in Psychology

# GRADUATE PROGRAM EVALUATION TOOL FOR RACIALLY/ETHNICALLY MARGINALIZED STUDENTS APPLYING TO GRADUATE SCHOOL

The aim of this tool is to provide insight to assist historically excluded and/or racially/ethnically marginalized students in considering important factors for selecting a graduate program. Applicants may find it useful to ask current graduate students some of these questions after receiving an offer from a program.

FOR MORE INFORMATION AND A LINK TO THE TOOL: (HTTPS://TINYURL.COM/H5WP9466)

This tool was developed by Stephanie H. Yu, Déjà Clement, Ariana Rivens, Shadie Burke, and Jude Nachabe The DISSECT Marginalized Survival Kit Committee

#### **EVALUATION TOOL**

https://tinyurl.com/h5wp9466

#### WHAT DID I DO?

- Completed my Honours Bachelor's of Arts degree in Psychology at the University of Ottawa
  - Honours Thesis
  - Volunteered a lot
- Completed my Master's of Arts in Clinical Psychology
  - Research
  - Thesis
  - Classes
  - Clinical Work

#### WHAT DID I DO?

- PhD in Clinical Psychology
  - Culture and Mental Health
  - Clinical: Public System and private
- My future.....
  - Move to a warm city in NA or go back to Ontario?
  - Become a licensed psychologist.
  - Work both public (hospital) and privately (private practice).
  - Do some research on the side... if there's time.
  - Teach undergraduate courses.

# QUESTIONS?