

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

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# 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....

SO, YOU'VE  
GRADUATED...

- **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.

# GAP YEAR

## Take a year off!

Gain research experience.

Volunteer.

Work.

Travel.

Do allll 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**

The screenshot shows the Indeed job search interface. At the top, there is a navigation bar with the Indeed logo and links for 'Find jobs', 'Company reviews', 'Find salaries', 'Upload your resume', and 'Sign in'. On the right side of the navigation bar, there are language options 'En' and 'Fr', and a link for 'Employers / Post Job'. Below the navigation bar, there are two search input fields: 'What' (Job title, keywords, or company) and 'Where' (city or province). The 'What' field contains the text 'Bachelors Degree Psychology' and has a search icon. The 'Where' field is empty and has a location pin icon. To the right of the 'Where' field is a blue 'Find jobs' button and a link for 'Advanced Job Search'. Below the search fields, there is a section for 'Bachelors Degree Psychology jobs'. On the left, there is a link for 'My recent searches'. In the center, there is a link for 'Upload your resume - Let employers find you' and a page indicator 'Page 1 of 176 jobs'. On the right, there is a section for 'Get new jobs for this search by email' with a 'My email:' input field.

# 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.



WHAT  
LIFESTYLE  
DO YOU  
WANT?

- **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?





## OUTSIDE THE BOX JOBS

- **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=PLxf85IzktYWKZbjTZ72Jdq4IEoCgzjVoq>

# 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)
    - <http://www.facebook.com/cupa.concordia>
  - 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**

- <https://www.utm.utoronto.ca/careers/careers-by-major-psychology>
- <https://ca.indeed.com/Psychologist-jobs>
- <https://cpa.ca/careers/>

- **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](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?