

What Can I Do with a Major in Psychology

How to use this guide

DePaul's [Career Roadmap](#) was designed to help students and alumni navigate the career development process by describing the Career Center's services and resources as they relate to four steps: Know Yourself, Explore and Choose Options, Gain Knowledge and Experience, and Putting it all Together. This major guide uses the same four steps to help you explore and consider the possibility of pursuing a degree in Psychology:

- Step 1** *Know Yourself*: Helps you explore whether this field suits your interests, skills, and values.
- Step 2** *Explore and Choose Options*: Provides you with information about the major and occupations related to it.
- Step 3** *Gain Knowledge and Experience*: Teaches you how to gain relevant knowledge and experience for your occupational interest.
- Step 4** *Putting It All Together*: Helps you embark on your job search process.

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Step 1: Know Yourself

Think about what has attracted you to psychology and why it might be the right major for you. Take some time to consider your interests, skills, and values, and compare them with the information below. Keep in mind that you may not identify with everything noted below, but be conscious of whether the listed interests, skills, and values complement or run contrary to how you identify.

Interests, Skills and Values:

People who major in Psychology often have:

Interests	Skills	Values
<ul style="list-style-type: none">• Working with People• Research and Experiments• Human Behavior & Cognition• Human Development• Laws and Regulations• Workplace Issues• Education	<ul style="list-style-type: none">• Analysis• Critical Thinking• Researching• Problem Solving• Interviewing• Test Administration• Behavioral Observation• Survey Construction	<ul style="list-style-type: none">• Improving people's lives• Improving community• Improving organizations• Ethics

If what is listed above matches, or is related in a way to your own interests, skills and values, a degree in psychology may be for you. Continue to explore this resource to learn more.

Another Look at Interests:

John Holland's Occupational Themes

Learning about your interests will help you identify opportunities to pursue and the topics you are most naturally drawn to. John Holland developed a theory of occupational interests that described six major interest areas (learn about all six interest areas [here](#)). Of those six interest areas, Psychology students often identify with interests in the following categories:

Investigative: People with Investigative interests have a strong scientific, inquiring orientation.

Learn more: http://careercenter.depaul.edu/documents/hexagon_investigative.pdf

Social: People with social interests enjoy professions that involve helping, training, or teaching abilities and enjoy working with other people in service-oriented environments.

Learn more: http://careercenter.depaul.edu/documents/hexagon_realistic.pdf

Learn more about "Step 1: Knowing Yourself"...Check out these Career Center Workshops

- Myers-Briggs Type Indicator (MBTI)
- Skills and Accomplishments
- Strong Interest Explorer
- Work Values

Step 2: Explore and Choose Options

Whether you have already chosen psychology as a major or are still considering it among other possibilities, it is important to explore the career and academic options this major will open up for you.

Concentrations:

DePaul's department of psychology offers the following concentrations within the major:

Standard	This concentration is good preparation for graduate school in psychology
Human Development	This concentration focuses on child and adolescent behavior. The student can choose classes with electives to build knowledge in areas of interest. Good for students interested in working with children.
Human Services	This concentration provides a good foundation for students planning to work directly with people. Able to work providing human services without advanced degree. However, if the student wishes to go to graduate school, he or she might want to fill the electives with advanced research and statistics courses to strengthen the application to graduate school.
Industrial/Organizational	Good for students interested in systems of human resources: assessments, surveys, training needs analysis, competency modeling, and performance management.
Community	This concentration educates students about research and community intervention strategies to address real-world problems, such as violence, substance abuse, HIV/AIDS, chronic illness, and mental health problems among diverse, at-risk populations. Finally, a concentration in Community Psychology empowers graduates with skills to work in collaborative ways with community agencies, not-for-profit groups, and grass-roots organizations.

Learn more:

DePaul: <http://las.depaul.edu/psy/Courses/index.asp#concentration>

Curriculum:

Please follow this link to review the curriculum for a degree in Psychology. Also, note the classes you will need to take.

Learn more about these classes:

<http://sr.depaul.edu/catalog/catalogfiles/Current/Undergraduate%20Course%20Descriptions/pg98.html>

Occupations:

The following list, organized by suggested concentration, offers a *sampling* of career paths that might appeal to psychology students. It is not meant to be all inclusive or limiting, but rather is intended to provide you with a starting point for considering the possibilities.

Standard	Clinical Psychologist*, School, Counselor*, Marriage and Family Counselor*, Mental Health Professional*, Neuropsychologist*, Forensics, Research and Experimentation Psychologist*
Human Development	Child Care Worker, Counselor Aide, Day Care Center Supervisor, Health Educator, Parole Officer, Child Protective Services, Youth Services Specialist, Foster Care Specialist
Human Services	Behavioral Analyst, Case Worker, Volunteer Services, Family Service Worker, Meeting Planner, Recreational Therapist/Counselor*, Social/Human Services Assistant
Industrial/Organizational	Consultant, Organizational Psychologist*, Research Scientist*, Consulting Psychologist*, Organizational Consultant, Customer Leader, Management Consultant, Industrial Psychologist*, Management Psychologist*, Human Resources Manager*, Training and Development Manager*
Community	Mental Health Counselor*, Substance Abuse Counselor*, Community and Social Services Specialist, Correctional Counselor*, Behavior Support Specialist

* These occupations may require additional training and/or a graduate or doctoral degree. Speak with a Career Advisor to learn more

Learn more: <http://online.onetcenter.org/find/quick?s=psychologist>
<http://www.bls.gov/oco/ocos056.htm>

Alumni Sharing Knowledge (ASK):

Learn from DePaul alumni about how they have used their psychology degree. ASK is a great way to begin building your network by connecting with these mentors. Below is a *sample* of job titles reported by alumni with psychology degrees:

Academic Advising Support	Career Consultant/Counselor	Principal
Associate/Assistant Director	Child and Adolescent Therapist	Professor
Associate Customer Research Manager	Deputy Public Defender	Psychotherapist
Assistant Village Manager	Habilitation Supervisor	Recruiter
Attorney	Parent Advocate	Research Assistant

Learn more on how to connect with alumni: <http://ask.depaul.edu/>

Online Resources:

Research more about psychology:

- **American Psychological Association:** <http://www.apa.org>
- **American Psychological Society:** <http://www.psychologicalscience.org>
- **Midwestern Psychological Association:** <http://www.midwesternpsych.org>
- **Community Psychology Network:** <http://www.cmmtypsych.net>
- **Careers in Psychology:** <http://careersinpsychology.org/>
- **Society of Industrial and Organizational Psychology:** <http://www.siop.org>
- **Society of Personality and Social Psychology:** <http://www.spsp.org>
- **Society of Psychological Study of Social Issues:** <http://www.spspi.org>
- **Society of Experimental Social Psychology:** <http://www.sesp.org>
- **American Statistical Associations:** <http://www.amstat.org/index.cfm?fuseaction=main>
- **Directory of Psychology Organizations:** <http://www.socialpsychology.org/psych.htm>
- **American Counseling Association (ACA):** <http://www.counseling.org>
- **National Association of School Psychologists:** <http://www.nasponline.org>
- **National Association of Social Workers (NASW):** <http://www.naswdc.org>
- **School Social Work Association of America (SSWAA):** <http://www.sswaa.org>
- **Clinical Social Work Association (CSWA):** <http://www.associationsites.com/main-pub.cfm?usr=CSWA>

Learn more about “Step 2: Explore and Choose Options”...Check out these Career Center Workshops

- Beyond Mingling: Networking Strategies
- LinkedIn & Other Social Media
- Networking Skills

Step 3: Gain Knowledge and Experience

Complementing your coursework in psychology with internship, volunteer, work, and organization experiences is one of the smartest moves you can make in relation to your career development. By doing so, you will have the opportunity to apply and build upon the knowledge you are gaining in the classroom, while also developing content for your resume in preparation for future opportunities.

Internships:

Here is a *sample* list of internships you might consider while pursuing a degree in psychology. Please note, any mentioned internship below is not restricted to its respective concentration.

Standard	Research Intern, Counselor Intern, Psychologist Intern
Human Development	Teaching Assistant Intern, Early Childhood Program Intern
Human Services	Social Work Intern, School Counseling Intern, Research Intern
Industrial/Organizational	Policy Research Intern, Human Resources Intern, Preparedness Volunteer Coordinator Intern, Administrative Intern, Management Intern, Market Research Intern
Community	Civil Rights Intern, Communications Intern, Policy Research Intern, Public Services Intern, Volunteer Program Intern, and etc.

Search and apply for internships listed by employers specifically seeking DePaul candidates at:
<http://depaul.experience.com>

Find Internships:

Visit these sites to search and apply for more internships:

DePaul Resources:

- Career Center's DePaul.Experience website: <http://depaul.experience.com>

Psychology Specific Resources:

- APA's Online Career Center: <http://psyccareers.apa.org>
- Human Services Career Network: <http://www.hscareers.com>

Additional Resources:

- TopUSAJobs.com: <http://psychology.jobs.topusajobs.com>
- Indeed.com: <http://www.indeed.com>
- HigherEdJobs.com: <http://www.higheredjobs.com>
- Collegegrad.com: <http://www.collegegrad.com>
- CollegeRecruiter.com: <http://www.collegerecruiter.com>
- Careeronestop.org: <http://www.careeronestop.org>
- Careerbuilder.com: <http://careerbuilder.com>

Student Organizations and Professional Organizations:

To gain more knowledge and experience, as well as to network and build your resume, consider joining student and professional organizations related to psychology.

Professional Organizations	Student Organizations at DePaul
<ul style="list-style-type: none"> - American Psychological Association (APA) http://www.apa.org - Society of I/O Psychology (SIOP) http://www.siop.org/ - Academy of Counseling Psychology http://www.aacop.net - American Psychiatric Association http://www.psych.org/ - National Mental Health Association (NMHA) http://www.nmha.org/ - Find More: http://library.gmu.edu/resources/psyc/psychorg.htm 	<ul style="list-style-type: none"> - Psi Chi: The National Honors Society in Psychology http://condor.depaul.edu/~psichi/index.htm - Psychology Club http://condor.depaul.edu/~psichi/index_files/PsychClub.htm

Research and Guide Books:

Find these and more psychology research and guide books at DePaul's libraries.

- *Great Jobs for Psychology Majors* by Julie DeGalan
- *Careers in Psychology: Opportunities in a Changing World* by Tara L. Kuther
- *The Psychology Major's Handbook* by Tara L. Kuther
- *The Psychology Major: Career Options and Strategies for Success* by Eric R. Landrum
- *Life as a Psychologist: Career Choices and Insights* by Gerald D. Oster
- *Career Paths in Psychology: Where Your Degree Can Take You* by Robert J. Sternberg
- *Opportunities in Psychology Careers* by Charles M. Super
- *What to do with Your Psychology or Sociology Degree* by Jason Wall

Learn more about the library and how to borrow these books: <http://library.depaul.edu/>

Graduate and Doctoral Programs:

Learn more about DePaul's graduate and doctoral psychology programs:

<http://las.depaul.edu/psy/Programs/GraduatePrograms/index.asp>

List of other University programs:

<http://www.socialpsychology.org/ranking.htm>

Learn more about "Step 3: Gain Knowledge and Experience"...Check out these Career Center Workshops

- | | |
|---|---|
| - How to Prepare for Graduate School | - Cooperative Education (Co-Op) Orientation |
| - How to Work a Job & Internship Fair | - iPrep: Find Your Dream Internship |
| - University Internship Program (UIP) Orientation | - Navigating Student Employment |

Step 4: Putting it all Together

The job search process can be challenging, but with the right tools, guidance, and persistence, success can be yours. Below are a number of resources that you are invited to take advantage of as a DePaul student and/or alumni.

Career Advisors for LA&S:

If you have not already done so, set an appointment with a Career Advisor to discuss your post-graduation goals and strategies for achieving them. To set an appointment with your advisor, please call the Lincoln Park Career Center at (773) 325-7431. The Career Specialists for students in Liberal Arts & Sciences are:

Hilarie Longnecker
HLongnec@depaul.edu

Ed Childs
EChilds@depaul.edu

Attend Workshops:

The Career Center's career development workshops are designed to help you build and strengthen your career-related skills so you can make well-informed decisions and prepare for your job or internship search.

The Career Center offers free workshops on over 25 topics throughout the year, including resume writing, interviewing skills, effective self-marketing techniques, networking, managing your career path and many more. Workshops facilitators have in-depth knowledge in the topics covered and allow you the opportunity to ask questions throughout each session.

Pre-register for all workshops online through DePaul.Experience.

Learn more: <http://careercenter.depaul.edu/events/workshops.aspx>

Prepare your Resume:

Depending on the internship or job you are applying to, consider including the following types of information on your resume:

Entry Level Professionals	Experienced Professionals
<ul style="list-style-type: none">• Education• Relevant Experience from jobs and internships• Relevant Coursework• Organizations• Research Assistance	<ul style="list-style-type: none">• Relevant Experience• Research• Professional Affiliation• Publications• Presentations• Research Experiments• Education• Certification

To view resume samples and an online resume tutorial, visit:

<http://careercenter.depaul.edu/resumes/default.aspx>

Or meet with a Peer Career Advisor to plan, develop and/or critique your resume. Peer Career Advising is a good place for students and alumni to begin the process of career planning. The Peer Career Advisors are undergraduate and graduate students who have been carefully selected and trained by the Career Center to work with students and alumni in an advisory capacity.

Prepare for Interviews:

To prepare for an interview for an internship or job, the Career Center offers:

- **Alumni Sharing Knowledge (ASK) Practice Interviews** – Sign up in DePaul.Experience for a practice interview with DePaul alum. This real interview scenario will allow you to gain feedback from your practice interviewer on your interviewing strengths and areas for improvement.
- **Alumni Sharing Knowledge (ASK) Mentors** – ASK mentors are willing to meet with you individually to help you with your interviewing skills. ASK mentors are a good option to consider as they have valuable industry-specific interviewing tips.
- **Peer Career Advisors** – Meet with a Peer Career Advisor on a walk-in basis to go over the interviewing process, as well as running through a mock interview. Peer Career Advisors are a good option to consider if you need quick interviewing help.
- **Career Advisors** – Set up an appointment with your Career Advisor to go over the interviewing process, as well as running through a more advanced mock interview. Career Advisors are a good option to consider if you are seeking more job specific interviewing tips.
- **Career Center Workshops** – Register for such interviewing workshops as “Interviewing Skills” or “Advanced Interviewing Skills” in DePaul.Experience.
- **For other interviewing resources** – Please visit:
<http://careercenter.depaul.edu/resumes/interviewprep.aspx>

Salary Resources:

- **About.com's Psychology Employment Trends:** <http://psychology.about.com/od/careersinpsychology/tp/psychology-employment-trends.ht>
- **Salary.com:** <http://www.salary.com>
- **Wage web:** <http://www.wageweb.com>
- **NACE Salary Survey 2008:** <http://careercenter.depaul.edu/downloads/sschartSP08.gif>
- **Indeed.com's Salary Search:** <http://www.indeed.com/salary>
- **HigherEdJobs.com's Salary Surveys for Higher Education:** <http://www.higheredjobs.com/salary/>
- **Monster.com's Salary and Benefits Information:** <http://career-advice.monster.com/salary-benefits/home.aspx>
- **Vault.com's Salaries and Compensation:** <http://www.vault.com/salaries.jsp>
- **Collegegrad.com's Salary Information:** <http://www.collegegrad.com/salaries/index.shtml>
- **Careeronestop.org's Salary Information:** <http://www.careeronestop.org/SalariesBenefits/SalariesBenefits.aspx>

Learn more about "Step 4: Putting it all Together"...Check out these Career Center Workshops

- How to Build a Portfolio
- Interviewing Skills
- Job Search Strategies in a Challenging Job Market
- Negotiation Skills