

Psychology

What is Psychology?

Psychology majors study the behavior and mental (emotional, learning, and thought) processes of animals and humans. You learn psychological principles, facts, and theories about individuals and groups, using experimental, observational, and case study methods. Psychologists may study in a clinical, educational, industrial, or experimental setting. Those with a bachelor's degree usually must find employment in another field, such as marketing research. A bachelor's degree can also be a good first step toward graduate education in education, law, social work, or another field. To be licensed as a clinical or counseling psychologist, you usually need a Ph.D. About half of psychologists are self-employed. Because psychology is about behavior, many people don't realize that it uses scientific methods and that students are expected to become competent in statistics.

Occupational opportunities

An undergraduate degree in Psychology does not make you a Psychologist or professional counselor. A degree in psychology provides students with skills and abilities that may serve as building blocks toward any number of occupations and career paths, particularly those focused on a humanitarian concern for people. As with many Liberal Arts degrees, a majority of undergraduate psychology majors are working in areas unrelated to their major. A bachelor's degree in psychology can lead directly to careers in market research, human resources, social services, and management.

Human Services	Education	Public Administration	Business
Caseworker	Communication	Affirmative action officer	Industrial relations
Probation/parole officer	Curriculum designer	Community organizer/ planning specialist	Coordinator
Youth counselor	Consumer researcher	Relocation worker	Marketing manager
Volunteer Services Director	Statistical report writer	Policy analyst	Training specialist
Criminologist	Technical writer		Employment recruiter
	Media director		Market research analyst
	Teacher (K-12)		Labor relations coordinator
<u>Graduate Study Required</u>	Professor	<u>Graduate Study Required</u>	Human resource manager
Child development specialist	Experimental	Field health officer	
Psychiatric social worker.	Researcher	Health policy planner	<u>Graduate Study Required</u>
Psychotherapist.		Environmental	Industrial/Organizational
	<u>Graduate Study Required</u>	psychologist	Psychologist (see CDC
	College student affairs		sheet detailing
	administrator		

Career Snapshot: Psychologist

Licensed psychologists pay their dues by spending many years in school. A Ph.D. will enable you to work in the widest range of positions. Besides the years of study and internships, psychologists offering patient care must be certified and licensed by the state in which they intend to practice. Health facilities employ approximately 30% of all working psychologists, while 40% of them work in educational environments, in such positions as counselors, educators, and researchers. Most often, these academically connected psychologists maintain a private practice while teaching or conducting research. Psychologists working in academic settings have flexibility in their schedules, but the demands on their time are high. Private practice is the goal of many psychologists. This is a major benefit but also can mean long hours accommodating patients in the evenings and on weekends. A government or corporate psychologist, by contrast, works in a more structured environment. Their hours are fixed, and they often work alone. Despite potentially grueling schedules and emotional demands, psychologists report great satisfaction in their jobs; the gratification they receive from helping others keeps them in the field.

The Psychology Department is located on the eighth floor of the Newman Vertical Campus in room 8-215. You can contact them at (646) 312-3780.

Skills and Abilities

In addition to addressing the central question of human behavior, the study of psychology also develops skills in critical analysis, accurate problem definition, the relation of theory to evidence, and the interpretation of data. The skills developed through a psychology major may be applied to job responsibilities in a variety of occupational groups. For example, while a clinical psychologist, a personnel director, or a marketing specialist might have very different responsibilities, each may use the skill of critical analysis of human behavior on a daily basis. A sampling of representative skills and abilities follows:

- | <u>Analysis</u> | <u>Communication</u> | <u>Research and Project Development</u> | <u>Human Relations</u> |
|---|---|---|---|
| <ul style="list-style-type: none">• Interpreting data• Evaluating ideas and theory• Analyzing information qualitatively and quantitatively• Reasoning logically• Understanding components of complex problems | <ul style="list-style-type: none">• Articulating and defending positions• Writing effectively• Reading critically• Presenting alternative explanations• Understanding and motivating groups• Preparing reports• Conveying complex information | <ul style="list-style-type: none">• Defining hypotheses• Planning/designing projects• Gathering data• Interviewing• Working with research• Translating theory into action• Working as a team member | <ul style="list-style-type: none">• Identifying cultural/social norms• Assessing needs• Understanding human relationships• Recognizing social processes• Understanding prejudice and discrimination |

Additional Resources

U.S. Government's Occupational Outlook Handbook
<http://stats.bls.gov/oco>

American Psychological Association
750 First Street, NE
Washington, D.C. 20002
(800)374-2721
www.apa.org

American Psychological Society
1010 Vermont Avenue, NW
11th Floor
Washington, DC 20005-4918
www.psychologicalscience.org

Excellent resources on Careers in Psychology:
<http://www.apa.org/students/brochure>
<http://www.psywww.com/careers>

Good resource for students & professionals:
www.psychwatch.com

American Counseling Association
www.counseling.org

Job listings in the helping professions:
www.socialservice.com

Society for Industrial and Organizational Psychology
www.siop.org

Social Psychology Network
Online Psychology Career Center
www.socialpsychology.org

New York State Psychological Association
www.nyspa.org

Psychology Today
<http://psychologytoday.com/>

Revised and updated by LS&JM 07/08. Information was obtained from the following sources: The College Board Book of Majors. (2004); The Princeton Review Guide to College Majors (2005 Edition); The College Majors Handbook by N.P. Fogg, P.E. Harrington, & T.F. Harrington (1999 & 2004 Editions); The College Board Guide to 150 Popular College Majors (1992); Vault College Career Bible (2005 Edition); Quick Guide to College Majors & Careers by L. Shatkin (2002).