

What can I do with my studies in...

PSYCHOLOGY

TRENT CAREER CENTRE

Champlain College Rm 204

careers@trentu.ca

www.trentu.ca/careers

The Career Options Project is a resource that allows students to explore potential career avenues. Use this tool to research, investigate and discover how you can use your degree-related knowledge, skills and experiences in the workforce. The following are samples; there are many other things to consider during career exploration. Your interests, values, personality, and abilities are important personal aspects to reflect on during this process.

SKILLS DEVELOPED THROUGH A PSYCHOLOGY MAJOR

Knowledge of human development
Able to analyze & interpret information
Ability to mediate conflicts
Critical & inferential thinking
Understanding of group dynamics
Decision making skills
Ability to systematically investigate a problem
Counselling & interviewing

Gathering relevant data and using data analysis research techniques
Clear and concise report writing skills
Proficient in locating sources of information
Ability to explain complex concepts and theories to others
Analyzing/modifying behaviour
Interact with diverse populations

RECOGNIZING VALUABLE ASSETS

Ability to synthesize large amounts of information and draw conclusions based on that information
Perceiving and understanding individual differences
Identifying and understanding needs
Developing ideas and theories
Effective interaction skills with others

SAMPLE JOB TITLES AND FIELDS OF WORK

JUST A TASTE OF WHAT'S OUT THERE Remember to

explore all your options! These are samples—try talking to people in different fields, visit the Career Centre, research interesting employers, visit www.jobfutures.ca for more ideas. There are many ways to discover options.

Note: Some Occupations May Require Further Education or Specialized Training

Behaviour Analyst
Crisis Counsellor
Child Protection Worker
Customs/Immigration Officer
Case Worker
Market Research Firms
Consulting firms

Non-Profit Agencies
Labour Relations
Social Service Worker
Marketing/Sales
Hospitals
Media Planner
Correctional Facilities

Human Resources
Mental Health
Communications
Journalist
Statistics Student
Advisor Employment
Agencies

Community Centres
Education
Technical Writer
Television/Media
Government
Public Relations
Rehabilitation Centres

CAREER CENTRE & TRENT RESOURCES

TAPPING INTO GREAT ON-CAMPUS SERVICES

Related Career Centre Books— CC Resource Library @ Champlain College, Rm. 204

Great Jobs for Psychology Majors—Skills, job searching, different occupations and more

Career Paths in Psychology—Areas of work, getting into the field, likes/dislikes, typical work, and career paths

Career Opportunities in Education—Guide to a variety of career opportunities in the field of education

Keys to Liberal Arts Success—Explaining your degree, advantages, what employers' seek, and more

Human Resource Management Careers—Explores jobs, education requirements, life in the field, and salaries

Career Centre Services & Resources

Career Centre Website- www.trentu.ca/careers/students/services_links.php -Extensive links section with career, labour market, salary, academic, and work search information

Experiential Education Gateway—www.trentu.ca/experiential —Learn about academic & extracurricular activities to build your skills.

Be sure to ask about: occupational profiles; employer & company directories; post-graduate, work search, internship, and career planning books; career quizzes; WebCT course

Trent Resources

Psychology at Trent University—www.trentu.ca/psychology —Student handbook, course assistance, research assistants & volunteering opportunities, practicum, special lectures and more department information

Trent Centre for Community Based Education - www.trentcentre.ca—Community-based research

Trent University Student Organizations—www.trentu.ca/stuorg —Get involved in groups that will contribute to learning new skills & gaining a variety of experience

PROFESSIONAL ASSOCIATIONS & SOCIETIES MORE THAN JUST A CLUB!

Professional associations and societies can be very effective exploration resources. Often, their websites contain excellent information about careers, job boards, what's happening in the field, events & professional development opportunities, and links to related information. These groups can also be used as a networking instrument, so get to know groups available to you as a student or upon graduation.

Canadian Psychological Association—www.cpa.ca
 Canadian Counselling Association—www.ccacc.ca
 Ontario Psychological Association—www.psych.on.ca
 Psychology Foundation of Canada—www.psychologyfoundation.org
 Canadian Council of Professional Psychology Programs—www.ccppp.ca
 Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists—oaccpp.ca/home.html
 American Psychological Association—www.apa.org
 Association for Behaviour Analysis—www.abainternational.org/index.asp
 Canadian Society for Brain, Behaviour and Cognitive Science—<http://www.csbbcs.org/>

OPPORTUNITIES INTERNSHIPS, CAREERS, GOVERNMENT PROGRAMS

Social Sciences and Humanities Research Council—<http://www.sshrc-crsh.gc.ca/>
 CCPPP Canadian Internship Programs—www.ccppp.ca/en/internship.html
 Scholarly Societies Project—www.scholarly-societies.org/psychol_soc.html
 Humanities and Social Sciences Online—www.h-net.org/jobs
 Community Psychology Net Student Lounge—www.communitypsychology.net
 Academic Careers Online—www.academiccareers.com
 Canadian Psychology Association (Careers and Internships)—www.cpa.ca
 Ontario Internship Program—www.internship.gov.on.ca
 WorkopolisCampus—www.workopoliscampus.com
 Social Worker Action Team—www.swatjobs.com
 Federal Government Jobs—www.jobs.gc.ca
 Provincial Government Jobs—www.gojobs.gov.on.ca
 Go Abroad (Study, Volunteer, Jobs, Intern & More) - www.goabroad.com
 Career Edge—www.careeredge.ca
 Charity Village—www.charityvillage.com
 Internship Listings—www.campusaccess.com

TRENT STUDENTS!

NEED MORE OPTIONS?
www.careercruising.com
 Take the Matchmaker Quiz and explore occupational profiles & career fields
 "What Can I Do With My Degree?—First Step in Career Planning" Workshop
 Make an appointment to meet with our Career Counsellor.

NEED EMPLOYMENT?
www.trentu.ca/careers -
 Search job postings
 Career Fair—network with employers & recruiters & discover job opportunities
 Resume Critiques— Make an appointment to have your resume reviewed
 "Selling Yourself on Paper" Resume Workshop

Alumni-Student Mentoring Program LEARNING FROM TRENT'S BEST & BRIGHTEST

As a Trent student, learn about career paths and seek guidance from alumni working in diverse professions and industries. An online database allows you to research what Trent alumni are up to or even contact potential mentors via email. Develop an e-mentoring relationship with an alumni in your field.

What's in it for you?

- Receive advice from someone who has had similar experiences
- Gain insight into industry/job information, description of daily duties, career alternatives, & emerging trends
- Find out where your degree has taken others
- Expand your network and contacts in professional fields

Register Today!

Visit www.trentu.ca/careers/mentoring and complete the online registration form.

Liz Scanlon, Public Relations

"... be open to fields and careers that you learn about as you go, and be creative in how you apply your skills to diverse areas....employers really do value a broad liberal arts education."

Hollie Devlin, Integrated Healthcare Communications
 Continuing Medical Education

"Take the time to be clear on what you are good at and like doing....often you can create the job you want. The advantage of formal education is not what you learn, but how you learn to think and analyze and respond to the world around you."

Barbara McDonald, Librarian

"Do what you enjoy. That's the best way to find a career. Do your homework. Interview people in a field you're considering. People who love their careers love to talk about their work!"