



PSYCHOLOGY



- *WHAT CAN I DO WITH A MAJOR IN PSYCHOLOGY?
- *WHAT CAN I DO TO MAKE MYSELF MORE MARKETABLE?
- *WHERE CAN I FIND CAREER INFORMATION?

• CAREER PLANNING • SUNY POTSDAM • 206 SISSON

Web Site: www.potsdam.edu/offices/career

TEL: 315-267-2344

WHAT CAN I DO WITH A MAJOR IN PSYCHOLOGY?

With your BA in psychology, you can:

- * Be a caseworker in a residential facility.
- * Design marketing surveys and advertising strategies.
- * Be a technician and assist with psychological and intellectual testing.
- * Work in a chemical dependency unit.
- * Work in a Human Resources office.

After graduate school, you can:

- * Assess and treat people with psychological problems, such as relationship issues, stress, anxiety, depression, eating disorders, or schizophrenia.
- * Work in a school, as a guidance counselor, a school psychologist, or a school counselor.
- * Work as a clinical social worker in a clinic, hospital, or agency.
- * Teach and do research at a college or university.

EXAMPLES OF FIELDS OF EMPLOYMENT FOR PSYCHOLOGY MAJORS:

- * Academia
- * Government Agencies
- * Nonprofit Organizations
- * Hospitals
- * Military
- * Self-Employed
- * Business
- * Mental Health Clinics

SAMPLE JOB TITLES OF SUNY POTSDAM PSYCHOLOGY ALUMNI:

- * School Psychologist
- * Teacher
- * Therapist
- * Probation Supervisor
- * Supervisor of Rehabilitation Services
- * H.I.V/A.I.D.S Educator
- * Mental Health Worker
- * Resident Director
- * Professor
- * School Counselor
- * Clinical Psychologist
- * Research Support Specialist
- * Director of Counseling
- * Social Worker
- * Early Intervention Coordinator
- * Mental Hygiene Specialist
- * Environmental Specialist
- * Director of Personnel

SOME EMPLOYERS OF SUNY POTSDAM PSYCHOLOGY ALUMNI:

- * Onondaga Health Dept.
- * NYS Dept. of Social Services
- * Research Foundation at SUNY Albany
- * Rensselaer City ARC
- * Albany Central School District
- * IITC Cooperative Headquarters
- * NYS Commission on Quality Care
- * Catholic Charities: Diocese of Ogdensburg
- * U.S. Customs
- * Behavioral Health of Ft. Drum
- * St. Lawrence Psychiatric Center
- * Consumers Union (Consumer Reports)
- * Challenge Industries, Inc.
- * Veterans Administration of CT

SAMPLE JOB DESCRIPTIONS:

1. Clinical Psychologist: diagnoses and treats serious mental disorders, in private practice or in a clinic or hospital setting.
2. School Psychologist: works with students to identify learning disabilities and strategies for success in school.
3. Intake Clinician: interviews patients and their families, obtains existing treatment records and determines if patients would benefit from services offered.
4. Mental Health Technician/Case Worker: counsels and assists patients with activities of daily living. May assist with emergency interventions and referral.
5. Program Director/Manager: supervises mental health care employees, develops and implements new programs, secures program funding.

ENHANCING EMPLOYABILITY:

1. Get involved in the career development process early, *freshman year*.
2. Select minors/elective courses that are relevant to your career objectives.
3. Get career related experience: Participate in faculty research, do an honors thesis project, complete an internship, gain summer and/or part-time employment that is relevant to the field, volunteer, join a career related association or organization.
4. Develop the following job search and self-marketing skills: Resume and cover letter writing, portfolio development, researching employers, interviewing, networking, and employment searching.
5. Skills to develop: critical thinking, reading and understanding research, crisis intervention, conducting research, communicating, listening, data management, and writing reports.

SAMPLE INTERNSHIP EXPERIENCES:

- * Canton-Potsdam Hospital Chemical Dependency Unit
 - Interns sit in on group sessions and have opportunities for clinical observations and hands-on interactions with clients. They learn intake procedures and treatment techniques.
- * Ogdensburg Psychiatric Center
 - Interns work with the psychologist and follow individual clients, see group sessions, and observe the team meetings. Interns learn about diagnoses, treatments, and record keeping.

PREPARING FOR THE JOB SEARCH MARKET

- * Write an employer targeted resume and cover letter
- * Learn job search strategies
- * Borrow resources from SUNY Potsdam's Career Planning Library
- * Network w/employers at Career/Job Fairs
- * Prepare for an interview
- * Design a portfolio and self-marketing brochure
- * Develop networking cards
- * Seek advice from faculty

WHERE TO GET INFORMATION AND ASSISTANCE:

THE PSYCHOLOGY DEPARTMENT, SUNY Potsdam, 168 Flagg Hall

- * Talk with Faculty
- * Talk with Students
- * Talk with Alumni

THE CAREER PLANNING OFFICE, SUNY Potsdam, 206 Sisson Hall

- * Individual Career Assistance
- * Workshops/Seminars
- * Employer Literature
- * Career Assessment Programs
- * Career and Job Fairs
- * Networking Assistance
- * Alumni Mentor
- * Job Vacancies
- * Summer Jobs
- * Reference file
- * Career Planning Web Site
- * Career Library
- * A Major Affair
- * Free Handouts Available

WHAT IF I WANT TO GO TO GRADUATE SCHOOL? (RESOURCES AVAILABLE AT THE CAREER PLANNING OFFICE):

- * On-Campus Graduate School Fair
- * Graduate School handout
- * GRE, GMAT, MCAT, LSAT and MAT forms and bulletins (GRE computerized tests and graduate study books)
- * Graduate books - listings of schools and programs
- * Financial aid information about graduate school
- * Peterson's Graduate Programs (G7F, G7G, G7H, G7I, G7J, G7K)
- * Career Planning Office Web Site: www.potsdam.edu/offices/career/graduate

OTHER CAREER AND EMPLOYER RESOURCES (AVAILABLE AT THE CAREER PLANNING OFFICE)

- * Career Guide Opportunity Directory (R8GG)
- * Job Hunter's Sourcebook (R26D)
- * Summer Jobs Worldwide (S2A)
- * Great Jobs for Psychology Majors (C39B)
- * Career Paths in Psychology (C39D)
- * Career Planning Web Site
- * Dun's Regional Directories (R8I, R8J, R8K)
- * Social Service Directories by County (R46A-R46O)
- * Career Choices for Students of Psychology (C39A)
- * Psychology Scientific Problem Solvers (C39C)
- * Careers in Psychology (C39E)
- * Career Planning Library Bibliography

OTHER SOURCES OF INFORMATION:

- * American Psychological Assn.: www.apa.org
- * American Assn. for Marriage and Family Therapists: www.aamft.org
- * American Mental Health Counselors Assn.: www.amhca.org
- * American Assn. of Social Workers: www.socialworkers.org