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.

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

Designed and edited by Career Planning staff in collaboration with SUNY Potsdam Psychology Department