Psi Chi/ UPO Meeting 10/3/2016

Announcements:

* If not yet a member and would like to join, pay annual dues for $10. If interested in also getting a t-shirt, pay $15.

Careers in Psychology

* What are your career concerns?
  + Common concerns: Won’t get a job after graduation, won’t make that money, won’t get into grad school, don’t know what to do, I don’t know what degree I want to pursue, etc.
* Linear V. Non Linear Career Path
  + There are many different career paths associated with psychology in comparison to majors that have a straight line from degree to career.
* A liberal arts education
  + Emphasizes:
    - Critical thinking, life-long learning, logic and reasoning, values and ethics, global awareness, teamwork, etc.
    - In the media, liberal arts careers get a bad rep for making less money and not being hard. This can be true immediately after graduation for up to 5-10 years after graduations. However, once career is established, around 20 year mark after graduation, income should exceed people with other degrees.
  + What kind of jobs do A&S majors get?
    - Government (6%), Business (61%), Nonprofit (15%), Education (12%), Military (4%), Self-Employment (2%)
    - Many students don’t expect to work in business, mostly because they don’t expect to be able to help people in business, but that is not true. Moreover, there are many jobs available in business, and they pay well.
  + Transferable skills
    - Skills that are used by the majority of employers, and that you can take from one career to the next
    - Skill most looked for: Leadership
    - Liberal arts majors tend to be less skilled in technical skills and computer skills
      * Seek to up technological skills in areas that an employer would look for
    - Recognize the skills that you have and be able to communicate them to an employer
* What does it mean to be Career Ready?
  + Career Management, professionalism, leadership, information technology application, teamwork/collaboration, oral/written communications, critical thinking/problem solving
* Industries with a Bachelor’s Degree
  + Human services, government, business, education, nonprofit
  + Human services: Many things don’t require grad school: academic advisor, alchohol/drug abuse counselor, career counselor, case worker, etc.
    - Many possible jobs available
    - Downsides: lower paying, may have to work nights, weekends
    - Positives: changing lives every day, fulfilling, may have opportunities to make more money
  + Government:
    - Many jobs available; state of Nebraska is the biggest employer in NE
  + Business
    - Many jobs available; however, psych may not be in the job description. This does not disqualify you from the job- “or related major”
    - Human resources, manager, PR, publishing, etc
  + Education
    - Many jobs available
    - Child care provider, preschool teacher, after-school program coordinator, para-educator
    - Counselor- not a mental health counselor, but admission counselor and more types of counseling
  + Non-profit
    - Grant writer, recruiter, media relations specialist, program manager, community organizer
    - Money may be lower, but you get to “wear a lot of hats” in roles such as these; will likely be in many different roles, and therefore will gain lots of experience
* Job Title Vs Problem You Solve
  + “What do you want to do with your degree in Psychology?”
    - Don’t worry about an exact job title, instead focus on the problems you want to solve.
    - Step one: decide on an industry
      * Human services, government, business, education, non-profit
    - Step two: decide on a population
    - Step three: decide on a level:
      * Individual, family, group, organization, community, society/ global level
    - Step four: decide on a problem to solve
      * Abuse, addiction, trafficking, immigration, poverty, community health, eating disorders, and many more
    - Examples:
      * “I plan on working with children behavior problems in a community agency”
      * “I hope to work for a government program related to poverty”
      * “I want to work in a business for a company related to the sports industry.”
* Master’s Degrees to consider
  + Communication, community and regional planning, leadership development, legal studies, health promotion/public health, MBA (Master’s in Business Administration); UNL has a Master’s of Arts in Business Administration (MABA), which is a masters geared to arts and sciences majors, public administration, public relations, student affairs, youth development, and many more.
* Career Decision-Making
  + Evaluate your: interests, abilities, values, personality, goals
  + Iceberg effect: Most of us don’t know everything about ourselves, especially things that employers look for
    - Find out about yourself! Try new clubs, internships, job shadow, talk to people in your area of interest.
  + Pretend you’re done with your psychology degree and start looking for a job
    - There are probably jobs you’ve never heard of or thought about
  + Gain experience and explore careers
    - Part-time jobs, internships, volunteer/service opportunities, research, student organizations/ leadership, education abroad
* What I wish I would have known:
  + I will change my mind, and that is okay.
  + My interests, skills, and values will change over time, and that is okay.
  + People “help people” in every industry.
  + An interest in psychology and a desire to “help people” doesn’t always equal therapist.
  + Computer/technology skills are essential in the work world in every position
  + Skills, experience, and knowledge are more important than your GPA