



# What Can I Do With My Psychology Degree? Presentation

York University Career Centre

# Career Centre

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## MY CAREER PLAN

Tools to help you explore your career options, build your network and find a job.

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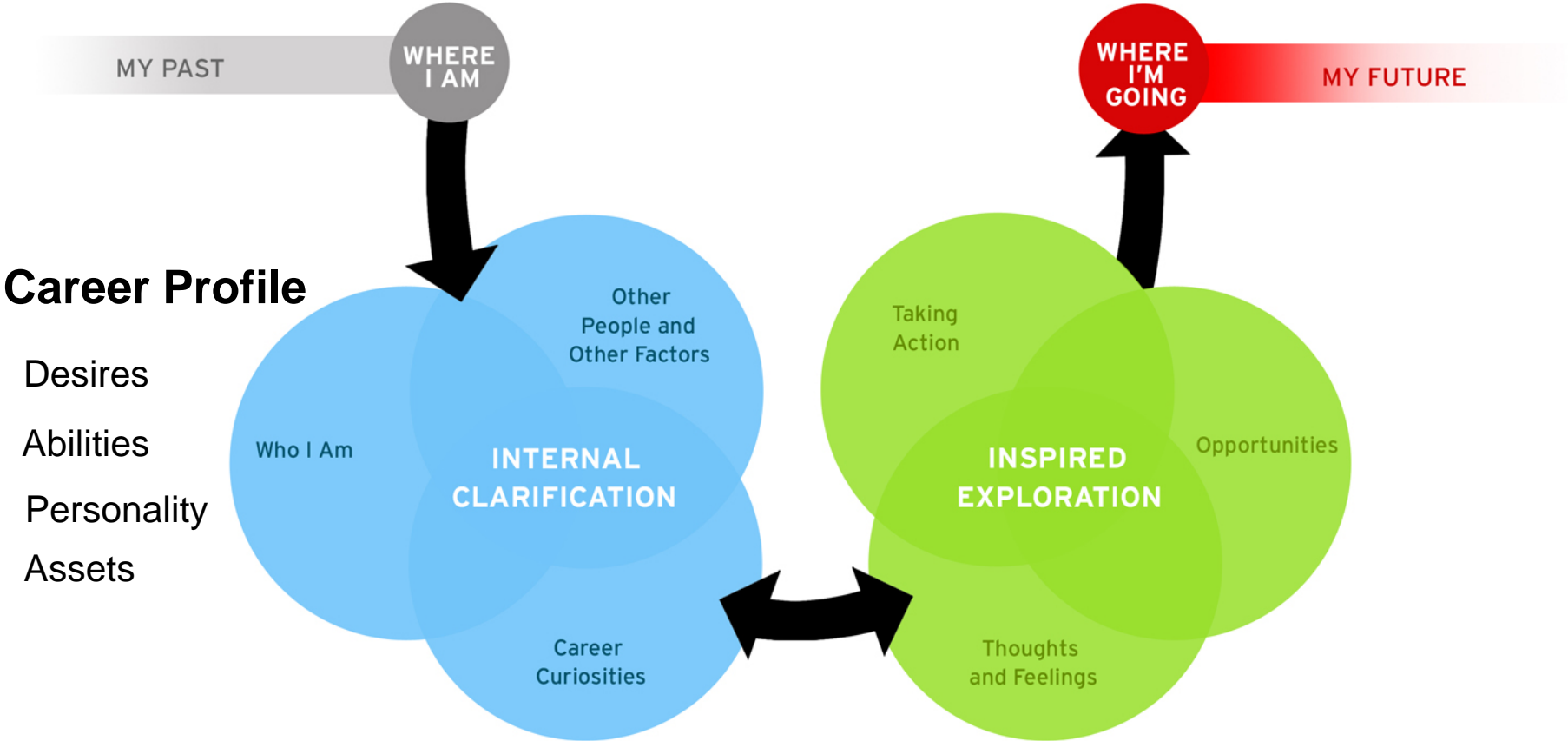


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# CAREER SELF-MANAGEMENT: MAKING CAREER DECISIONS





- Bachelor of Arts, Psychology Degree = *Asset*
- Leadership = *Desire*
- Help People = *Desire*
- Research Skills = *Ability*
- Communication Skills = *Ability*
- York-Seneca Rehabilitation Services Certificate Program, Human Resources Specialist, Industrial Organizational Psychologist, Non-Profit Sector = *Career Curiosities*

Identify your skills, abilities, interests and desires and create your Career Profile to help guide you in your career exploration.



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Career Centre » Students & New Grads » My Career Plan

### My Career Plan

Your career plan will provide you with tools and information to help you explore your career options, build experience, prepare for your future career, and find a job—whether it's your first job after graduation or a part-time or summer job for right now.



### Recommended Sequence

You'll notice there's no beginning or end to the My Career Plan diagram; that's because your needs, skills, interests, and circumstances are constantly changing- different areas will be more important to you at different times in your life. However, the following sequence is the one we recommend at the Career Centre for students

## *My Career Plan*

- ✓ Making Connections
- ✓ Learning About Myself
- ✓ Exploring My Options
- ✓ Looking for a Job and/or Volunteer Position
- ✓ My Career Plan Checklist

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Career Centre » [Students & New Grads](#) » [Exploring My Options](#) » Exploring Fields of Interest

### Exploring Fields of Interest

Research is an essential component of making career decisions and exploring potential career opportunities.

This section of the Career Centre website can help you find out more about careers that might be a good fit for you. In each section you'll find information about the different types of occupations in the field, professional organizations and associations associated with the field, articles and resources about various occupations in the field, professional development and training resources relevant to the field, and job postings, internship and volunteer opportunities associated with the field.

New resources will be added on a regular basis. If there's a resource you would like to recommend, please [make a suggestion!](#)



### Exploring Fields of Interest

- Arts & Culture
- Business
- Communications
- Entrepreneurship
- Government
- Medicine & Health
- Science, Technology, Engineering & Math (STEM)
- Sports & Recreation

## Career Options by Program of Study

[Accounting](#)  
[African Studies](#)  
[Biology](#)  
[Biophysics](#)  
[Business and Society](#)  
[Chemistry](#)  
[Cognitive Science](#)  
[Computer Engineering](#)  
[Computer Security](#)  
[Dance](#)  
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[European Studies](#)  
[Finance](#)  
[Geography](#)  
[Health Studies](#)  
[History](#)  
[International Development Studies](#)  
[Jewish Studies](#)  
[Law and Society](#)  
[Management](#)  
[Mathematics](#)

[Administrative Studies](#)  
[Biochemistry](#)  
[Biomedical Science](#)  
[Biotechnology](#)  
[Canadian Studies](#)  
[Children's Studies](#)  
[Communication Studies](#)  
[Computer Science](#)  
[Criminology](#)  
[Design](#)  
[Disaster and Emergency Management](#)  
[East Asian Studies](#)  
[Education](#)  
[English](#)  
[Environmental Studies](#)  
[Film](#)  
[Gender and Women's Studies](#)  
[German Studies](#)  
[Hellenic Studies](#)  
[Human Resources Management](#)  
[Italian Studies](#)  
[Kinesiology and Health Science](#)  
[Linguistics](#)  
[Marketing](#)  
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## Psychology

Do you have a passion for knowing what makes people “tick” from social, developmental and biological perspectives? Is the understanding of human behaviour in all its aspects a fascinating subject for you? If so, then following a major in [Psychology](#) may be for you.

### Career Options in Psychology

This list is not exhaustive but provides an idea of the options graduates have and what they have gone on to do. Some options are more directly associated with a Psychology degree than others.

- Addiction Counsellor
- Bereavement Counsellor
- Career Counsellor
- Child and Youth Worker
- Child Life Specialist
- Clinical Psychologist
- Community Worker
- Consumer Advocate
- Events Coordinator
- Fundraiser
- Gerontologist
- Human Resource Specialist
- Industrial Psychologist
- Journalist
- Labour Relations Specialist
- Lawyer
- Legislative Aid
- Lobbyist
- Neurologist
- Non-profit Administrator
- Nurse
- Occupational Therapist
- Office Administrator
- Policy Advisor
- Political Advisor
- Politician
- Probation Officer
- Psychologist
- Public Affairs Consultant
- Public Relations Consultant
- Public Speaking Consultant
- Rehabilitation Counsellor
- Researcher
- Retirement Counsellor
- Social Policy Researcher
- Social Worker

<http://careers.yorku.ca/my-degree/psychology/>

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### Careers in Psychology

Understanding human behaviour and what motivates people is a highly valued skill in multiple sectors including the non-profit, private, education and social services sectors, as well as in government, law and research institutions. Below is a sampling of some of the many careers that York Psychology graduates have gone on to:

#### Careers for Psychology graduates

- Marketing Researcher
- Rehabilitation Counsellor
- Psychiatric/Institutional Aide
- Science Technician
- Mental Health Worker
- Human Resources Consultant
- Research Assistant
- Child and Youth Worker
- Marriage and Family Therapist
- Probation Officer
- Policy Advisor
- Management and Marketing

## Careers in and Related to Psychology

Following a BA or BSc degree in psychology, some students opt not to pursue a career in psychology while others do. For the former, many of the abilities and skills that one obtained as a psychology student can be used in careers that are not directly related to psychology. For the latter, there are three general paths a student can pursue.

1. **Psychology as a career:** A bachelor's degree (B.A. or B.Sc.) is the first step on the road to graduate-level training to become a psychologist. To call yourself a psychologist, you must complete at least a Master's degree and normally a PhD in psychology. This applies both to research careers (e.g., university professor) and becoming a practising psychologist. There are several areas of specialization for those who wish to pursue post-graduate training at the master's or doctoral level; within each area, one may choose sub-specialties in which to teach, conduct research, be a practitioner, or some combination of these three activities.
2. **Careers open to Graduates with a B.A. or a B.Sc. and in which psychology is relevant:** Both the skills and knowledge acquired through the baccalaureate programs provide preparation for a variety of career fields, including but not limited to personnel, labour relations, social services, technical writing, corrections, probation, parole, marketing and public relations, gerontology, health services, fundraising and mental health. A bachelor's degree in psychology often serves as a valuable preliminary step to other professional careers such as medicine, law, management, social work, and education.
3. **Careers built on psychology skills and knowledge:** Psychology graduates also sometimes pursue careers in, for example, law, journalism and business. This often requires further study.

### Possible Employment and Careers

Presented below are many of the careers upon which psychology majors can embark. At first glance, some of these careers may appear unrelated to the discipline of psychology; however, a closer look highlights the importance of the "core competencies" and skills that psychology majors acquire during their studies.

Addictions counsellor

Administration

<http://cpa.ca/students/career/careersinpsychology/>

# Possible Career Options with a Psychology Degree:

- Pharmaceutical Sales Representative
- Pharmaceutical Researcher
- Pharmacist Technician
- Immigration Officer
- Rehabilitation Counsellor
- Counsellor: Addictions, Personal, or Career
- Psychologist
- Community Worker
- Recreational Therapist
- Housing Support Worker
- Mental Health Worker
- Fund Raiser
- Academic Advisor
- Case Manager
- Occupational Therapist
- Marketing, Event Planner
- Insurance Claims Adjuster
- Paramedic
- Personal Support Worker
- Technical Writer
- Social Worker, Social Services Worker
- Policy Development
- Probation Officer
- Correctional Officer
- Project Management
- Intake Worker
- Paralegal
- Lawyer
- Human Resources Specialist
- Child and Youth Worker



# Examples of Skills Developed with a Psychology Degree:

- A comprehensive understanding of behaviour, including thought, feeling and action viewed from social, developmental and biological perspectives.
- Gather, formulate and test hypotheses; Develop and test theories.
- Writing, editing, and presentation skills.
- An ability to analyze, understand and apply new sources of information.
- Inductive Reasoning: The ability to combine pieces of information to form conclusions.
- Organizing, planning and prioritizing work.
- Logical Thinking Skills: Ability to lead and interact with a variety of people and work effectively in group situations.
- Research Skills: Analyze and interpret data, perform statistical analysis.

# Professional Organizations and Associations

- **Canadian Counselling and Psychotherapy Association**  
<https://www.ccpa-accp.ca/>
- **The Association of Therapists and Mental Health Professionals (OACCPP)** <http://www.oaccpp.ca/>
- **College of Registered Psychotherapists of Ontario (CRPO)**  
[www.crpo.ca](http://www.crpo.ca)
- **Canadian Psychological Association (CPA)**  
<http://www.cpa.ca>
- **Canadian Mental Health Association (CMHA)**  
<http://www.cmha.ca>

# Career Exploration Websites

- **Career Cruising** [www.careercruising.com](http://www.careercruising.com)  
Username: *yorku* Password: *careers*
- **Eluta** <http://www.eluta.ca/>
- **Talent Egg** [www.talentegg.ca](http://www.talentegg.ca)
- **Career Edge** <https://careeredge.ca/en/home>
- **Glass Door** <https://www.glassdoor.ca/index.htm>
- **Canadian Psychology Association, Planning a Career in Psychology** <http://www.cpa.ca/>
- **Ontario Ministry of Training, Colleges and Universities**  
<https://www.tcu.gov.on.ca/eng/>

# Career Exploration Websites (Continued)

- **Health Care Job.ca** <http://www.healthcarejob.ca/en/>
- **Charity Village** <http://charityvillage.com/>
- **Health Canada** <http://www.hc-sc.gc.ca/ahc-asc/activit/career-carriere/index-eng.php>
- **Community Mental Health Careers**  
<http://www.workinginmentalhealth.ca/forms/listJobs.aspx>
- **Career Centre** [www.careers.yorku.ca](http://www.careers.yorku.ca)



# Career Conversations Series

- Careers in Entrepreneurship, Self Employment and Start-ups, *January 27<sup>th</sup>*
- Discovering Careers in Psychology
- Alternative Career Options in Health Care, *February 23<sup>rd</sup>*
- Discovering Careers in Non-Profit, Charitable and Non-Governmental Organizations
- Discovering Careers in Writing & Publishing
- Discovering Careers in Human Resource Management
- Discovering Careers in Community Health & Social Services
- Discovering Careers in Criminology
- Discovering Careers in Communications & Public Relations



[yorku.ca/careers/conversations](http://yorku.ca/careers/conversations)

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## TASTE: Take A Student To Eat

The TASTE Program is a partnership between the York University Career Centre and [Alumni Relations](#) designed to give York students and Alumni an opportunity to make meaningful connections.

Alumni are eager to support the University as volunteers and share their experiences and expertise with current students.

Students look for connections with alumni professionals who've followed similar paths and can provide them with inside information and career advice.

TASTE lunches happen year round during the Fall/Winter and Summer terms.

### Objective of the TASTE Program

The objective of this program is to provide York students with an opportunity to talk face to face with a York alumna/us about their career-related interests. The program pairs two students with a York grad over an informal lunch setting during which the alumna/us shares information about their job, industry, and organization while students gain inside information and inspiration from someone who's been there.

### How it works

York Alumni interested in participating in TASTE will provide a bio, company information and the date, time, and location when they are available to take two students for a 1 - 1 ½ hour lunch.



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> [Upcoming TASTE Lunches](#)

> [Past Alumni Participants](#)

> [Participate as a Student](#)

> [Participate as an Alumni](#)

### What York Alumni are saying

"I had a wonderful lunch with Tiziana Knox. She joined me for lunch with my guidance department colleagues and fit right in. We took a tour of the school and then snook at



# Career Resource Library

## Examples of books:

- Careers in Psychology, Opportunities in a Changing World
- Career Paths in Psychology: Where Your Degree Can Take You
- Careers in Public Health
- Careers in Health, Physical Education, & Sports, Second Edition
- Careers with the Pharmaceutical Industry, Second Edition
- The Portable Mentor: Expert Guide to a Successful Career in Psychology
- 101 Careers in Psychology
- Oh, You Behave! Social Media Etiquette for Career and Business Branding Success



## York University Career Centre

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