



The Psychology Major Career Preparation Workbook: Planning for Your Career Success

Bernardo J. Carducci, Jaye Van Kirk

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The Biggest Misconception in Psychology: You Cannot Get a Job with an Undergraduate Degree in Psychology To help students think about planning and preparing for a career with a degree in psychology, one of the first things that must be done is to address what can be considered the biggest misconception psychology students have regarding employment opportunities with a psychology degree. The career misconception that many psychology students have is that you cannot obtain a job with just an undergraduate degree in psychology. To help dispel this misconception, The Psychology Major Career Preparation Workbook is designed to help individuals interested in the study of psychology to develop a career plan designed to maximize their probability of employment success. More specifically, instead of focusing on careers as a psychologist, which typically requires the added time and expense of obtaining a Ph.D. or Psy.D. and is achieved by only about 10% of psychology majors, the principal focus of The Workbook is to help undergraduate psychology majors make the college-to-career transition with an undergraduate psychology degree, since this is the career path most frequently taken by psychology majors. Helping You to Help Yourself: Special Features of The Workbook Instead of focusing on the psychology degree as the central element in the career decision-making process, a unique feature of The Workbook is its focus on the acquisition of The Big Three Skills Set in the planning for career success. The Big Three Skills Set includes specific analytical skills, communication skills, and personal skills considered critical by employers in a wide range of career areas who hire individuals with an undergraduate degree in psychology, as well as for admission into post-graduate educational programs for those who wish to do so at some point in their career path. In this regard, The Workbook provides specific recommendation for helping students to integrate coursework with career planning and preparation in the acquisition of The Big Three Skills Set. These recommendations include: *Advice regarding courses both inside and outside of the psychology curriculum individuals should take that will maximize their career opportunities and success. *Recommendations for educational activities on and off the campus individuals should pursue that will provide them with some valuable career-related experiences that will not only help them to make some career decisions but also serve to make them more competitive as a candidate for those career positions to which they will be applying. *Suggestions for locating resources on their campus that will assist them in searching for specific career-related information (e.g., local employers hiring in their area of career interest) and obtaining the skills (e.g., resume writing and interviewing techniques) that will serve as the finishing touches in their preparation to meet with potential employers. The information in The Workbook is presented in four easy-to-read modules. Each of the modules includes extensive examples to illustrate the material in the text and a reference list and online resources for additional material relevant to the issues discussed in the module. *Module 1: Planning for Your Career Success: Developing a Plan of Action. This module focuses on some of the preliminary decisions individuals should consider when developing a career plan. *Module 2: What Do Employers Want: The Big Three Skills Set. *Module 3: How to Acquire the Skills Employers Want: The Big Three Resources. *Module 4: Planning for Your Career Today: Utilizing the Career Services Center.

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