



Career Prep

For Psychology Majors

Introductions

- Name
- Academic Level
- Interests

Why Intern?



Career? 5 Facts

Facts –

1. Your major **DOES NOT** equal your career
2. The secret to success = transferable skills
3. Finding a great job means starting with self-assessment...identifying your skills and interests. Use internships and other experiences to gain skills you don't already have.
4. You will have between 7 and 10 jobs throughout your life...there is no one right answer!
5. Networking is both a WAY to learn more about a possible career path and the best way to uncover opportunities.

Major and Career

In 2007-2008, Wash U Psychology graduates pursued diverse career paths such as:

- Teachers
- Analysts
- Account Executives
- Assistant Buyers
- Media/PR/Marketing Associate

These are *FUNCTIONS*.

Major Does Not Equal Career

These JOBS contributed to the success of:

- Nonprofits
- Government agencies
- Consulting firms
- Secondary schools
- Fashion
- Criminal justice system

These are *INDUSTRIES*.

Major and Career

As an undergraduate, the key to success is to explore industries and functions that interest you!

FUNCTION – Suits your skills and abilities.

INDUSTRY – Suits your knowledge, lifestyle and interests.

Major and Career

Psychology majors pursue many different
FUNCTIONS in a variety of *INDUSTRIES*.

BUT HOW?

The Key –

Transferable Skills

Transferable Skills & the Psychology Major

- Skills
- Abilities
- Experiences

Transferable Skills

Where else do you develop skills?

- Other classes at Wash U
- Research experiences
- Volunteering
- Student Activities
- Traveling
- INTERNSHIPS

Transferable Skills

Using the handouts *What Can I Do With A Major in Psychology* and *Transferable Skills*, circle 5 skills you have now and could prove you have through an example.

Now you know what you CAN do, but we still have to determine what you WANT to do!

Lifestyle and Interests

- Think about a time when you were so engaged by an activity that you totally lost track of time. What were you doing?
- You are at a bookstore. What magazines would you sit down to read over a coffee?
- You can have dinner with any three people in the world. Who would those people be?
- You have a few hours to spend in a city which you are visiting. What types of activities would you try to do?

Lifestyle and Interests

- What do you imagine as your ideal typical work day?
- What kind of environment do you prefer?
- What are your natural interests?
- What values can you compromise, and which ones are non-negotiable?

Themes

Look for themes in your answers. They are guideposts on the journey.

Try to connect the skills you enjoy using with the themes from your answers. Try to make a statement like:

I am interested in using my writing and event planning skills to further equal rights.

I enjoy managing projects and analyzing data, and I'm interested in politics and economics.

Narrow the list to 3 options to begin exploring.

Themes

Consider:

- Visiting with a Career Advisor.
- Taking an assessment like the Strong Interest Inventory.

Research

- Use ONet to find information about careers that interest you, including relevant skills.
 - Tip: Review skills and compare to your list to determine which skills you'll need to build.
- Utilize Web resources such as the APA's site to generate ideas.
- Google "breaking in" to X career.
- Read relevant Web sites and publications.

Exploring Careers

- Internship
- Research
- Volunteer
- Activities
- Networking/Informational Interviewing
- Joining a Professional Association

Enter the Dialog

The best way to learn more about different career options is to *talk to people in your world*

- Find your style of networking.
- Consider your options:
 - High school alumni associations
 - Wash U Alumni (Career Connections)
 - Organizations – Roadshow?
 - Professors
 - Family friends
 - Facebook, LinkedIn, Social Networking
- Take the first step – Informational Interview!

4 Steps to Internship Search Success

1. Know what you're looking for.
2. Talk about it.
3. Create a resume and have it cleared through the Internship Resume Review at the Career Center (Quick Questions 11-5 M-F in DUC 110).
4. Review *CareerLink* for programs and postings. Apply.
5. Target organizations of interest. Through researching them using CareerSearch or Hoovers, you'll find more like them.

Career Center Resources

- One-on-one advising
- Career Camp/Junior Jumpstart
- Roadshows
- Career Fairs @ WU and major cities over Winter Break
- Internship Stipends and Class
- Alumni Connections and Externships
- On-campus Recruiting

Steps to Career Success

- Be PROACTIVE about your interests. Not only REACTIVE to what is available.
- Remember, you're looking for the next logical step.
- Pay attention to the universe; serendipity rules in the job search.
- If you're not failing sometimes, you're not in the right league.
- Randy Pausch –
 - *"Luck is where preparation meets opportunity."*