PSYC 100: CAREER PLANNING FOR PSYCHOLOGY MAJORS

Spring 2014
Mondays 12:30-1:20pm
Hamilton 104

COURSE INSTRUCTORS

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Office Hours: By Appointment

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(Schedule online via MyPlan)

COURSE DESCRIPTION

(1 credit) Pass/No Pass only. Survey of areas of psychology and careers frequently sought by psychology majors, along with recommendations for coursework and experiences relevant for attaining students' career goals. Includes departmental, college, and university resources students can use to meet educational and career objectives, and to prepare for graduate study in psychology and related fields. Students should take this course as early in their studies as possible, even if they have not taken PSYC 181. This course is required for students following the 2010-2011 Undergraduate Bulletin and after.

COURSE OBJECTIVES

For psychology majors to:

- Receive a good start in college and increase the probability you will successfully complete your university education.
- Better understand the career options open to you as a psychology major.
- Make wise academic decisions.
- Be the best applicants you can be, whether you go into the job market or to graduate or professional school.
- Get the most from your educational experience at the University of Nebraska-Lincoln.

REQUIRED TEXTS

Blackboard Readings. On Blackboard (http://blackboard.unl.edu), under Course Documents, readings for each week will be posted either as a document or a website. Be sure to have the readings done before class. It is also highly recommended that you print the readings or save them to your computer, so you have them for future reference.

Undergraduate Bulletin. Online document available at: http://bulletin.unl.edu/undergraduate
Other handouts will be passed out in class and posted on Blackboard. Visit the Psychology Department Advising website at http://psychology.unl.edu for more resources.

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**GRADING POLICY**

This course will be graded Pass/No Pass. You can track your points on Blackboard under Tools > My Grades. A grade of C (210 points) and completion of all 3 parts of the course are required to pass the course:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Possible Points</th>
<th>% of Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Class Attendance (Required)</td>
<td>100</td>
<td>33.3%</td>
</tr>
<tr>
<td>2. Discussion Sessions or Career Interviews (Required)</td>
<td>100</td>
<td>33.3%</td>
</tr>
<tr>
<td>3. Degree Plan (Required)</td>
<td>100</td>
<td>33.3%</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>300</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

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**CLASS ATTENDANCE**

Attendance is required in this class. Your attendance grade is based out of 100 points. Each unexcused absence will result in a 10-point deduction from the 100 points. **If you have more than 2 unexcused absences, you will not pass the course.** We will pass around attendance sheets each class period for you to sign in. You will not receive credit for attending class if you do not sign the attendance sheet. Arrive on time, and do not leave the classroom before the end of the lecture. Your participation in in-class activities will be included in your attendance grade. Note: Signing the attendance sheet for another student will be considered academic dishonesty. Signatures will be checked for consistency.

If you know you are going to be absent, email your instructor before class, and he/she will determine whether or not your absence will be excused. If you do not email your instructor prior to missing class and are unable to provide documentation for an excused absence, your absence will automatically be unexcused.

The use of cell phones or computers is not tolerated in this class. If you are seen using your cell phone or computer, you may be asked to leave the classroom and receive an unexcused absence.

You are expected to come to class prepared each week. You may need to bring various materials, which are listed in the Weekly Schedule portion of this syllabus.

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**DISCUSSION SESSIONS OR CAREER INTERVIEWS**

This course requirement can be met in one of two ways. The two options are fully explained below. **You cannot mix and match the two options.**

**Option 1: Discussion Sessions & Reaction Papers**

In addition to lecture, there will be 3 discussion sessions each week. These sessions will expand on the material presented in lecture through discussion and guest speakers. The days and times of the Discussion Sessions will be announced in class and posted in the Announcements section of Blackboard once they are scheduled. The Discussion Sessions are led by teaching assistants (TAs) who are upper-class psychology majors.

You must **participate** in 6 Discussion Sessions. In order to receive credit for participating in the Discussion Session, you must be on time and stay for the entire session; ask questions; and add to the discussion. Satisfactory participation is determined by the TAs. An attendance sheet will be passed around during each
Discussion Session. It is your responsibility to sign the attendance sheet during the session. If you do not sign in, you will not receive credit for attending. If you are more than 5 minutes late for a Discussion Session, you will not get credit for it. The number of Discussion Sessions you can attend (get credit for) depends on the week and is listed in the Weekly Schedule portion of this syllabus. Each Discussion Session is worth 10 points for grading purposes for a total of 60 possible points.

There are a total of 15 Discussion Sessions scheduled for the semester. If you begin attending the first week, you will have no trouble attending the required 6. While you only need to participate in 6 sessions, many students choose to attend more. The more you attend, the better informed you will be about your major and preparing for your career.

You must write Reaction Papers on 4 of the Discussion Sessions you attend. Reaction Papers describe your thoughts about topics, ideas, and concepts covered in the Discussion Sessions. Reaction Papers should be 1-2 pages, double-spaced. Reaction Papers should be submitted via Blackboard. Under Assignments, you will find a link to submit each of the 4 papers. (No paper copies will be accepted.) Each Reaction Paper is due by 12:30pm on the Monday following the Discussion Session you wrote about.

Each Reaction Paper is worth 10 points for a total of 40 possible points. Reaction Papers will be graded as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summary</td>
<td>2</td>
</tr>
<tr>
<td>Writing Mechanics</td>
<td>2</td>
</tr>
<tr>
<td>Reaction/Reflection</td>
<td>6</td>
</tr>
</tbody>
</table>

Reaction Papers Need to Address:

- **Summary:** What were the main points made during the session either by the speaker or in the class discussion? (Your summary should be no more than 1 paragraph.)

- **Reaction/Reflection:** What aspect of the presentation/discussion impacted you the most? Why? How will what you learned help you plan your studies at UNL, be a successful student, or prepare for a career? How does this session relate to what you learned in lecture or other classes you have taken or your life experiences thus far? (Your reaction/reflection should constitute the majority of your paper.)

**Option 2: Career Interviews & Interview Write-Ups**

For this option, you need to conduct Career Interviews with 5 people in careers that you might like to pursue after graduation. Questions to address in the Career Interviews include educational requirements for the job, necessary previous experience, possibility for upward mobility, rewards of the job, salary expectations, negative aspects of the job, etc… If you have trouble finding a person to interview or thinking of questions to ask, contact your instructor.

You must complete an Interview Write-Up for each Career Interview. Interview Write-Ups summarize the interview and describe your thoughts and reflections. Each Interview Write-Up must be 2 pages, typed, and double-spaced. Be sure to include the names, titles, addresses, phone numbers, and email addresses of the people you interviewed. The Interview Write-Ups should be submitted via Blackboard. Under Assignments, you will find a link to submit your Interview Write-Ups. All 5 Interview Write-Ups are due by 12:30pm on Monday, April 14th.

It is preferred that you conduct the interviews in person. A phone or Skype interview is acceptable. Do not email someone a list of questions to answer and email back to you. It will take time to schedule appointments with the people you choose to interview. Be sure to plan accordingly and get started early.
Each Write-Up is worth 20 points for a total of 100 points. The Interview Write-Ups are graded as follows:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summary of Questions and Answers</td>
<td>3</td>
</tr>
<tr>
<td>Writing Mechanics</td>
<td>2</td>
</tr>
<tr>
<td>Reaction/Reflection</td>
<td>15</td>
</tr>
</tbody>
</table>

Interview Write-Ups need to address:

- **Summary**: What were the main points made during the interview? (Your summary should be no more than one page.)

- **Reaction/Reflection**: What aspect of the interview impacted you the most? Why? How will what you learned help you plan your studies at UNL, be a more successful student, or prepare for a career? How does this interview relate to what you learned in lecture or other classes you have taken or your life experiences thus far? Is this still a career you want to pursue? Why or why not? **(Your reaction/reflection should constitute the majority of your paper.)**

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**DEGREE PLAN**

The objective of the Degree Plan is to help you become familiar with the UNL College of Arts and Sciences requirements for a BA or BS degree and the requirements for a major in Psychology. You will begin to plan your academic experience at UNL through this assignment.

The Degree Plan is posted on Blackboard under Assignments. You will fill out the assignment based on lectures held on during Weeks 4, 5, and 6. You can receive help on this assignment at the Discussion Sessions that are held Weeks 4 and 5. The Degree Plan is due at the beginning of class on **Monday, March 3rd**. (This assignment should **not** be submitted via Blackboard. Turn in a paper copy in class.)

This is not an assignment that you can complete the evening before it is due. Be sure to get started during Week 4 and continue to work on it. **Schedule an appointment directly with your advisor if you have questions or problems at any point.**

**Penalty for Late Papers**: If your homework assignment is not turned in at the beginning of the class period on the due date you will lose 5 points each day that it is late.

**Accommodations for Students with Disabilities**: If you require any accommodation in this course, please to contact me within the first two weeks of the semester to make appropriate arrangements. In addition, remember to contact the Services for Students with Disabilities Office, 132 Canfield Administration, 472-3787 voice or TTY, to request a letter outlining your individual needs.
| Week 1 | January 13 | Topic: **Introduction to the Course: Objectives & Requirements**  
|        |            | Blackboard Readings: *Syllabus*  
|        |            | Lecture Materials: *Syllabus*  
|        |            | Discussion Sessions: None  

*No lecture or discussion sessions the week of January 20 due to Martin Luther King Jr Day.*

| Week 2 | January 27 | Topic: **Major Areas in Psychology**  
|        |            | Blackboard Readings: *What is Psychology?*  
|        |            | *History of Psychology at UNL*  
|        |            | *Psi Chi & UPO*  
|        |            | Discussion Sessions: Topic: Areas of Psychology  
|        |            | Activity: Exploring the diversity of psychology by playing a game, “Name that Psychology Career”  
|        |            | Limit: 1 Session, 1 Reaction Paper  

| Week 3 | February 3 | Topic: **Success in College (104 Hamilton)**  
|        |            | OR **Upper Class & Transfer Student Session (77 Burnett)**  
|        |            | Blackboard Readings: *How to Run a Degree Audit*  
|        |            | *What is my Bulletin Year?*  
|        |            | *First-Year Experiences & Transition Programs (website)*  
|        |            | *Transfer Student Information*  
|        |            | Undergraduate Bulletin: *Academic Policies & General Information*  
|        |            | Lecture Materials: Bring a copy of your degree audit  
|        |            | (Upper Class & Transfer students only)  
|        |            | Discussion Sessions: Topic: College Myths  
|        |            | Activity: Group discussion  
|        |            | Limit: 1 Session, 1 Reaction Paper  

| Week 4 | February 10 | Topic: **ACE & College Distribution Requirements**  
|        |            | Blackboard Readings: *ACE Certified Course List (website)*  
|        |            | *College of Arts and Sciences Advising Center (website)*  
|        |            | Undergraduate Bulletin: *College of Arts and Sciences*  

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Lecture Materials: Bring your Degree Audit and Degree Plan.  
(Note: The Degree Plan is not due until March 3rd; just bring it to class to refer to.)

Discussion Sessions: Topic: Assistance with Degree Plans  
Activity: TAs will help you get started and answer questions. Bring your Degree Audit and Degree Plan. A laptop is recommended.  
Limit: 1 Session, No Reaction Paper

<table>
<thead>
<tr>
<th>Week 5</th>
<th>February 17</th>
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</thead>
<tbody>
<tr>
<td>Topic: Psychology Major and Minor Requirements</td>
<td></td>
</tr>
</tbody>
</table>
| Blackboard Readings: | What Should I Minor In?  
Career-Specific Advice Table  
Psychology Department (website) |
| Undergraduate Bulletin: | Psychology Department |
| Lecture Materials: | Bring your Degree Audit and Degree Plan.  
(Note: The Degree Plan is not due until March 3rd; just bring it to class to refer to.) |
| Discussion Sessions: | Topic: Assistance with Degree Plans  
Activity: TAs will help you get started and answer questions. Bring your Degree Audit and Degree Plan. A laptop is recommended.  
Limit: 1 Session, No Reaction Paper |

<table>
<thead>
<tr>
<th>Week 6</th>
<th>February 24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic: Additional Requirements and Priority Registration</td>
<td></td>
</tr>
</tbody>
</table>
| Blackboard Readings: | How to Use an Advisor  
Registration Procedures (website) |
| Discussion Sessions: | Topic: Student Concerns  
Activity: Bring a question for group discussion  
Limit: 1 Session, 1 Reaction Paper |

<table>
<thead>
<tr>
<th>Week 7</th>
<th>March 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic: Graduate School in Psychology</td>
<td></td>
</tr>
</tbody>
</table>
| Blackboard Readings: | Is Graduate School in Psychology Right for You?  
Preparing for a PhD program in Psychology? |
| Assignment: | DEGREE PLAN DUE!!! |
| Discussion Sessions: | Topic: Graduate School  
Activity: Current graduate students will speak and answer questions  
Limit: 2 Sessions, 2 Reaction Papers |
<table>
<thead>
<tr>
<th>Week 8</th>
<th>March 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic:</td>
<td><strong>Research in Psychology</strong></td>
</tr>
</tbody>
</table>
| Blackboard Readings: | *What is Research?*  
*UCARE (website)*  
*McNair Scholars Program (website)*  
*Psychology Research Labs (website)* |
| Discussion Sessions: | Topic: Areas of Psychology  
Activity: Faculty will speak about research  
Limit: 3 Sessions, 3 Reaction Papers |

<table>
<thead>
<tr>
<th>Week 9</th>
<th>March 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic:</td>
<td><strong>Masters Degrees, Non-Psychology Graduate Programs, and Professional School</strong></td>
</tr>
</tbody>
</table>
| Blackboard Readings: | *Pre-Health (website)*  
*Pre-Law (website)* |
| Discussion Sessions: | Topic: Pre-Professional Information  
Activity: Pre-Health and Pre-Law advisors and students will speak and answer questions.  
Limit: 1 Session, 1 Reaction Paper |

*No lecture or discussion sessions the week of March 24 due to Spring Break.*

<table>
<thead>
<tr>
<th>Week 10</th>
<th>March 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic:</td>
<td><strong>Bachelor-Level Careers and Back-up Plans</strong></td>
</tr>
</tbody>
</table>
| Blackboard Readings: | *Preparing for a Career with a Bachelor’s Degree in Psychology*  
*What Can I do with a Major in Psychology? (website)*  
*Volunteering, Internships, and Part-Time Jobs* |
| Discussion Sessions: | Topic: Gaining Experience in Psychology  
Activity: Guest speakers from local community agencies  
Limit: 3 Sessions, 3 Reaction Papers |

<table>
<thead>
<tr>
<th>Week 11</th>
<th>April 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic:</td>
<td><strong>Career Assessment and Exploration</strong></td>
</tr>
<tr>
<td>Blackboard Readings:</td>
<td><em>O</em>Net (website)</td>
</tr>
</tbody>
</table>
| Discussion Sessions: | Topic: Goal Setting  
Activity: Setting goals and creating an action plan  
Limit: 1 Session, 1 Reaction Paper |

<table>
<thead>
<tr>
<th>Week 12</th>
<th>April 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topic:</td>
<td><strong>Career Services</strong></td>
</tr>
<tr>
<td>Blackboard Readings:</td>
<td><em>Career Services (website)</em></td>
</tr>
<tr>
<td>Assignment:</td>
<td><strong>CAREER INTERVIEW WRITE-UPS DUE! (Option 2)</strong></td>
</tr>
<tr>
<td>Discussion Sessions:</td>
<td>None</td>
</tr>
</tbody>
</table>