PSYCHOLOGY

CONNECTING MAJORS TO CAREERS ADVISING TOOL

Below you will find a list of some careers linked to this major. Remember your major does not always determine your career. Contact the departmental advisor for information about additional education requirements.

Sample Job Titles related to this degree:
- Activity Leader
- Case Worker
- Community Relations
- Event Planning
- Hospice
- Human Resources
- Social Services Staff
- Cottage parent
- Human Services

Sample Job Titles requiring further education:
- Career Counselor
- Family Counselor
- Guidance Counselor
- Vocational Counselor
- Research
- College Instructor
- School Counselor
- Leadership role in College setting
- Researcher

Helpful Websites:
- Occupational Outlook Handbook (http://www.bls.gov/oco/)
- O*Net (http://online.onetcenter.org/)
- Choosing a Major (http://www.cco.purdue.edu/Student/Major/Information/psychology.pdf)
- American Psychological Association, (http://www.psycareers.com/)

Next Steps:
- Take a course to explore/confirm your interest in the major(s).
- Ask faculty members about local resources and about what their graduates are doing.
- Talk to someone doing the work you are considering to find out what you would do day-to-day
- Volunteer in a related role.
- Get involved in a related student or national professional organization.
- Ask your parents about whom they know in your field of interest.
- Find out if graduate work is necessary or preferred for what you want to do.
- Get a part-time job, internship or co-op to explore your field of interest first hand.

WSU Resources:
  (Career Assessment, Resume and Interview Reviews, Job Search Counseling)
  (Cooperative Education and Internship Opportunities)
- Graduate School – 107 Jardine Hall – 978-3095, http://wichita.edu/graduate
  (Career Exploration Course and Workshops (LAS I 102, LAS I 150D) academic advising for LAS and deciding majors)
- Psychology Department – Advisor, Dr. Paul Ackerman – 437 Jabara Hall – 978-3170, http://wichita.edu/psychology
  (Major Advising, Related Career Information, preparing for Graduate School)
At least 124 hours are required for graduation, and students must earn a 2.0 overall GPA, a 2.0 WSU GPA, and a 2.0 GPA in the major. Students must also complete all courses required for Liberal Arts and Sciences General Education. In addition, Foreign Language courses (or the equivalents) are required for every BA degree in the College of Liberal Arts and Sciences.

**REQUIREMENTS FOR MAJOR:** 10 hours, including 

111  General Psychology (3) 
301  Psychological Statistics (401) (3) 
311  Research Methods in Psychology (411) (4) 

**Course Courses:** 15 hours, select five of the following 

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>320</td>
<td>Biological Psychology (522)</td>
<td>(3)</td>
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<tr>
<td>321</td>
<td>Psychology of Learning (302)</td>
<td>(3)</td>
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<tr>
<td>322</td>
<td>Cognitive Psychology</td>
<td>(3)</td>
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<tr>
<td>323</td>
<td>Social Psychology (304)</td>
<td>(3)</td>
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<tr>
<td>324</td>
<td>Psychology of Personality</td>
<td>(3)</td>
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<tr>
<td>325</td>
<td>Developmental Psychology (334)</td>
<td>(3)</td>
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<tr>
<td>328</td>
<td>Psychological Testing &amp; Measurements (526)</td>
<td>(3)</td>
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<tr>
<td>327</td>
<td>Systems And Theories in Psychology (601)</td>
<td>(3)</td>
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</tbody>
</table>

Plus an additional 6 hours of electives from courses numbered 300 or above (excluding PSY 481) must be taken to complete the major.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>403</td>
<td>Intro. to Individual Counseling (306)</td>
<td>(3)</td>
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<tr>
<td>404</td>
<td>Psychology of Aging</td>
<td>(3)</td>
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<td>405</td>
<td>Human Factors Psychology (386)</td>
<td>(3)</td>
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<tr>
<td>406</td>
<td>Intro. to Community Psychology</td>
<td>(3)</td>
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<tr>
<td>407</td>
<td>Industrial Psychology (316)</td>
<td>(3)</td>
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<tr>
<td>408</td>
<td>Intro. to Group Counseling (326)</td>
<td>(3)</td>
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<td>409</td>
<td>Psychology of Perception (332)</td>
<td>(3)</td>
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<tr>
<td>410</td>
<td>Substance Use and Abuse (336)</td>
<td>(3)</td>
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<td>412</td>
<td>Psychology of Motivation (342)</td>
<td>(3)</td>
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<tr>
<td>413</td>
<td>Leadership in Self &amp; Society (346)</td>
<td>(3)</td>
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<tr>
<td>414</td>
<td>Child Psychology</td>
<td>(3)</td>
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<tr>
<td>416</td>
<td>Psychology and Problems of Society</td>
<td>(3)</td>
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<tr>
<td>506</td>
<td>Psychology of Helping Relationships</td>
<td>(3)</td>
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<td>516</td>
<td>Drugs and Human Behavior</td>
<td>(3)</td>
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<tr>
<td>534</td>
<td>Psychology of Women</td>
<td>(3)</td>
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<tr>
<td>536</td>
<td>Behavior Modification</td>
<td>(3)</td>
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<td>544</td>
<td>Abnormal Psychology</td>
<td>(3)</td>
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<td>546</td>
<td>Aerospace Psychology</td>
<td>(3)</td>
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<tr>
<td>556</td>
<td>Intro. to Clinical Psychology</td>
<td>(3)</td>
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<tr>
<td>566</td>
<td>Perspectives on Self-Help Groups</td>
<td>(3)</td>
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**Other Psychology Requirements:**
1. A minimum of 31 hours of psychology
2. A minimum of 9 hours of psychology taken at Wichita State University
3. A minimum GPA in psychology of 2.0

**Courses are designed for**
1) Students who elect to study particular aspects of psychology while majoring in others disciples.
2) Students who plan to major in psychology, but do not plan for graduate study in the discipline.
3) Students who plan to major in psychology and go into graduate study in psychology.

Those planning on graduate study should check with the department office for recommended undergraduate course sequence for preparation in particular emphases in graduate study.

**REQUIREMENTS FOR MINOR:** 15 hours

Any 15 hours of Psychology constitute a minor in psychology

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Dr. Paul Ackerman, Undergraduate Advisor
437 Jabara Hall, 978-3170

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Choosing a College Major Worksheet

A Six-Step Process in Finding a College Major

One of the greatest stressors for college-bound high-school students – as well as for some college students – is choosing a college major. Deciding your major (and minor) is a life decision, and one that can have an impact on your plans beyond college – either for your career or for continued studies in graduate school.

Use this worksheet to help guide your thinking as you take steps toward choosing a college major that is best for you.

**Step 1: Self-Assessment of Interests.** Write down a list of activities, course subjects, and topics that interest you, inspire you. What are your likes and dislikes – about school, hobbies, work, and volunteering. If you have taken an assessment test in school (or online), you can enter some of the results here as well.

**Things that Interest, Inspire Me**

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**Step 2: Examination of Skills and Abilities.** One of the most important elements in choosing a major (and a future career) is a realistic review of your strengths and weaknesses, skills and abilities. It’s important to take an honest view of the subjects/skills you are best at, as well as those you struggle with. Write down your best and worst skills and abilities.

**Skills That I Want to Use and Excel at**

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___________________________________________________________________________________

___________________________________________________________________________________

**Skills That I Don’t’ Want to Use or am Weak in**

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___________________________________________________________________________________

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___________________________________________________________________________________
Step 3: Understanding What You Value About Work. Different jobs and careers provide a range of intrinsic rewards to people working in them. For example, teachers place much greater value on educating and impacting the lives of their students than they do on financial rewards. What are you seeking from your career? Some examples include helping society, working under pressure, group affiliation, stability, security, social status, financial rewards. Write down a list of what you seek from your future career.

The Values I Want From My Job/Career

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Step 4: Researching Occupations and Careers. Many students have an idea of the types of work they may want to do, but really do they have a full understanding of the requirements of the work – or even what the work fully entails. Others have never really thought about careers and have little or no knowledge of what they want to do after college. This step involves conducting research and recording the information you found about one or more potential career fields. Write down summary notes below and use additional sheets or printouts to keep detailed information about each career path. Besides using the internet and library for your research, consider both job shadowing and informational interviewing to gain more personal insights into careers.

Potential Career Fields for Me

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Step 5: Information Review and Reality Check. Now that you have a better understanding of yourself and one or more potential career paths, it’s time to conduct an honest appraisal of whether your skills, interests, and values are a good match with the careers that most excite you. For example, you may love the idea of becoming a doctor, but do not have the math or science skills necessary for medical school. Your task in these situations, is to conduct further research to see if other career paths in the same field will be a good match for you. (Go back to Step 4 if you need to conduct more research.) Write down the list of careers and jobs that best fit you, starting with the career that best seems to fit your interests AND skills.

Careers/Jobs That Best Fit Me

Step 6: Matching College Major to Career Paths. For many jobs, the choice of college major is not as important as the actual degree, but choosing a major (or combination of majors and minors) that is directly related to your choice of career often provides a deeper level of skills and understanding of the subject as well as opens doors to internships, co-ops, and other part-time work experience in the field prior to graduation. Conduct research on the careers from Step 5 to help determine the best college major. For example, if you think you want to be a high school math teacher, what should you major in? Write down your list of potential majors and minors here.

<table>
<thead>
<tr>
<th>Prospective Career</th>
<th>Appropriate Major(s)/Minors(s)</th>
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</table>
Notes & Doodles:

Education and Training
What you’re finding out about how to use higher education to reach your educational goals

Advisor’s Name

Teachers that I admire and could use for advice

Degrees I am considering:  Notes:

- Bachelor of Arts
- Bachelor of Science
- Combination Degree

Career-based experience I’m considering (outside of normal classes)

<table>
<thead>
<tr>
<th>Activity</th>
<th>1st step/1st contact</th>
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<tbody>
<tr>
<td>Use Office of Career Services</td>
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<tr>
<td>Cooperative Education Internship</td>
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<td>Campus clubs &amp; organizations</td>
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<tr>
<td>Other organizations</td>
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<td>Other internships</td>
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<td>Volunteer work</td>
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<td>Informational interviews</td>
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<td>Jobs in the field (full or part time)</td>
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<tr>
<td>Shadowing someone in the field</td>
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<tr>
<td>Trying classes in a field I’m considering</td>
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<tr>
<td>Join national professional organization</td>
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<tr>
<td>Other Ideas</td>
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</table>
In regard to skills needed in the career/education/life exploration process it is the responsibility of each person to stay informed as to the trends in the job market in general, as well as the trends and future outlook in regard to your career fields(s) of interest in particular!

Bi-Weekly “CURRENT NEWS ARTICLES” – You will hand in a total of FOUR:

Goal: To enhance your awareness and to build your skills in regard to staying informed as to the trends in: the job market and the world of work in general, the education and training process for careers you are interested in, and how this applies to your career/life planning process.

Goal: To assist you in increasing your knowledge of current and future careers, education and training, and your life planning as related to current and future career opportunities that are available.

The topics of the current news articles can be about information you have found particularly interesting in regard to: career exploration, the world of work, educational planning and training, and your life planning.

Outcome #1: At the beginning of class each week, you will hand in a summary (at least 3 to 4 paragraphs) about a career, education and training, or life planning related current news article. Of particular importance to your summary, will be to include why the news article was of interest to you; what did you learn; and how does your news article relate to your career, education, and life exploration process?

Outcome #2: At the beginning of class each week, 2 to 3 people will briefly share one current news article with the entire class. Please note: everyone will have the opportunity to share by the end of this eight week class because public speaking is an important career skill.

You must cite and date the source of your current news article, for example: what newspaper, what magazine, what television or radio news station, what class or workshop in which you learned the information, what internet site did you utilize, or who did you “informational interview“ in regard to insights about their career, education or training, and life planning, etc...

If you have any questions or need assistance please contact me as soon as possible!
Marilyn Ryan: Academic/Career Advisor and Instructor – LAS Advising Center, Grace Wilkie Hall room 115, 978-3700
Marilyn.ryan@wichita.edu