



# PSYCHOLOGY

## About Psychology

Psychology is an experimental science; its purpose is to discover the conditions which control the activities of animals and people, to measure these conditions and the responses they produce, and to use this knowledge to invent ways of predicting behaviour and changing it. It is a subject for inventive but also scientifically rigorous people, better suited to those who want to find out for themselves than to those who want to be told what to believe.

Psychology at Dalhousie  
[www.dal.ca/psychology](http://www.dal.ca/psychology)

## Career Options

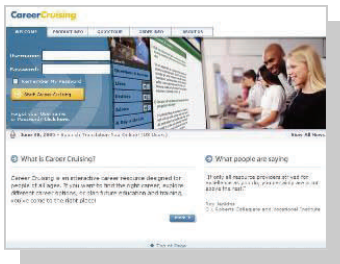
Psychology graduates can be found working in many different fields. That's because many employers are interested in the skills that psychology majors bring to collecting, analyzing and interpreting data, and their experience with statistics and experimental design. The list of possible careers found below represents only a subset of the career options that might be available to you. The career options containing an \* will require additional education and/or training beyond a bachelor's degree.

When students consider the question "What can I do with a major in Psychology?", they are usually thinking about the kind of job they might get using only their major. But there is another way of looking at this question and that is this ... your marketability will also be related to other factors such as the skills and interests you have developed both within and outside your area of academic study. These factors will play a significant role on your gaining entry level into a company or organization and once you've got your foot in the door your career progression within it. It is important to draw on your voluntary work, part-time and summer work, as well as your social activities to demonstrate the variety and scope of your interests and experience.

## Career Cruising

An interactive career guidance resource that includes in-depth profiles of hundreds of different careers, detailed information on colleges and universities, multimedia interviews with real people in every career and much more.

“ When you are in university and taking courses, it is easy to overlook what skills you are building and how they will relate to the real world. ”



To access  
[www.careercruising.com](http://www.careercruising.com)

To obtain the username and password, visit us on the 4th Floor, SUB.

## → possible careers

- |                          |                            |                               |
|--------------------------|----------------------------|-------------------------------|
| Youth Counsellor         | Hospice Health Worker      | * Counselling Psychologist    |
| * Professor              | Motivational Speaker       | * Gerontologist               |
| Research Assistant       | Market Research Analyst    | Community Worker              |
| Psychometrist            | Training Specialist        | Group Home Worker             |
| * Psychiatrist           | Affirmative Action Officer | Employment Counsellor         |
| Animal Behaviourist      | Rehabilitation Counsellor  | Mental Health Worker          |
| * Clinical Psychologist  | * Sports Psychologist      | * Art/Music Therapist         |
| Probation/Parole Officer | Corporate Trainer          | * Organizational Psychologist |

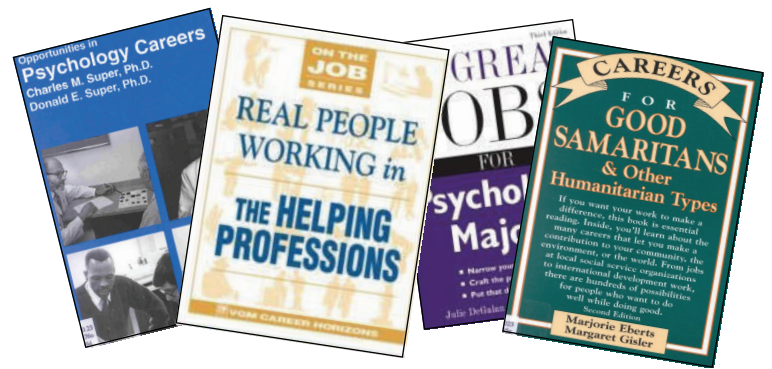
Virtually every profession has its own representative group. There are real benefits to joining one in your chosen field and/or visiting their website. This will enable you to keep up-to-date on what's currently going on in your field and to learn about upcoming events. They are often an excellent source of career information and are increasingly becoming a good source of online job postings.

Canadian Psychological Association  
[www.cpa.ca](http://www.cpa.ca)

Canadian Society for Brain, Behaviour  
and Cognitive Science  
[www.csbbcs.org](http://www.csbbcs.org)

Canadian Mental Health Association  
[www.cmha.ca](http://www.cmha.ca)

American Psychological Association  
[www.apa.org](http://www.apa.org)



## Books specifically related to Psychology majors

The Frank G. Lawson Career Information Centre has over 1500 books and other print resources to assist you as you begin to explore your academic and career planning options. The Career Information Centre also maintains a collection of academic calendars for Canadian, U.S. and overseas universities.

Why not drop by the 4th floor, Student Union Building, and see for yourself what we have to offer?

A sample of books on hand that are relevant to a major in Psychology:

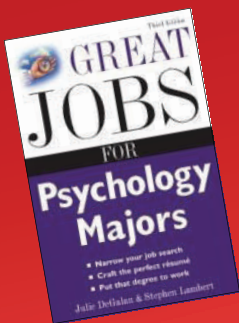
- Great Jobs for Psychology Majors  
*by Julie DeGalan and Stephen Lambert*
- Opportunities in Psychology Careers  
*by Charles M. Super and Donald E. Super*
- Opportunities in Counselling and Development Careers  
*by Neale Baxter and Philip A. Perry*
- Real People Working in the Helping Professions  
*by Blythe Camenson*
- Careers for Good Samaritans and Other Humanitarian Types  
*by Marjorie Eberts*

## → did you know ...

- Professional associations often offer discounted student membership rates?
- A student membership will help you to build your network of professionals in your field?
- As a student member, you will be able to attend the group's conferences?
- Student membership is an excellent resume builder?

## just read it ...

“ This book by DeGalan and Lambert begins by detailing the breadth and extent of the field of Psychology. In Chapters 6 to 10 the reader is provided with an overview of several career paths that are typically associated with a major in Psychology. A wide variety of job titles are described in detail including: tasks and responsibilities, training and qualifications, sample classified ads, career outlooks and more! What we really like about this book is that many of the jobs described are entry level jobs. A good read if you are looking for career ideas! ”



# Labour Market Information

It is sometimes tempting to make assumptions about a career field based upon what you see in the media. However, in order to find a career that fits your talents, interests and lifestyle, it is important that you set aside some time to research those occupations that are of specific interest to you. A number of user-friendly web resources currently exist that can provide you with up-to-date and objective labour market information. These websites include information on typical job duties, training and educational requirements, career paths, salaries and wages, employment trends and potential employers.

The following is a list of websites that students at Dalhousie have found particularly useful:

Canadian National Occupational Classification (NOC)  
[www23.hrdc-drhc.gc.ca](http://www23.hrdc-drhc.gc.ca)

Job Futures  
[www.jobfutures.ca](http://www.jobfutures.ca)

Labour Market Information (Local LMI across Canada)  
[www.labourmarketinformation.ca](http://www.labourmarketinformation.ca)

O\*Net  
[online.onetcenter.org](http://online.onetcenter.org)

## Considering Advanced Studies?

If you are interested in pursuing advanced studies, you will first have to give some serious thought to your motivation for pursuing graduate level study and how obtaining an advanced degree will fit into your long term career plans. It is important to talk with your professors about your decision to pursue graduate studies. They will be familiar with the work you have done, with your interests and abilities, and may be able to point you toward a good program or potential supervisor. Study at the graduate level takes a lot of determination and confidence, dedication, hard work, passion, intelligence and considerable skill. Thus, it is not a decision to be taken lightly.

There are many web resources that will help you to identify programs that will be a "best fit" for your particular area of interest. Here are several of them:

Career Cruising  
[www.careercruising.com](http://www.careercruising.com)

To obtain the username and password, visit us on the 4th Floor, SUB.

Association of Universities and Colleges of Canada  
[www.aucc.ca](http://www.aucc.ca)

Canadian Virtual University  
[www.cvu-uvic.ca](http://www.cvu-uvic.ca)



top

10

myths

1 My major will determine my career choices.

Success is directly related to money and status. 2

3 There is only one right career for me.

I should choose a career that's in high demand. 4

5 Choosing a career is a simple process.

Most students know their major and career goals when they enter university. 6

7 I'll have only one career in my lifetime.

I don't need to go to the Career Information Centre until my final year. 8

9 Graduate schools require specific undergraduate majors.

I should know what I want to do before I see a career counsellor. 10

Picture this. It's late at night. You're tossing and turning. You're feeling overwhelmed about all those troubling career questions centered around "What am I going to do with my life?" Making choices about majors and careers or deciding whether or not to pursue advanced studies is an important part of your experience at Dalhousie. Our career counsellors can help you to make sense of the options available to you and provide you with the skills required to make informed educational and career choices. Through career counselling you will begin to focus on where you are, where you should be going and just how you are going to get there. Together you and your career counsellor will work on what next steps are best for you.

Our professional counsellors have careers that are deeply meaningful to them – that is, helping students like you to achieve your educational and career goals.

Appointments can be made to see a counsellor by calling 494-2081 or dropping into:

*Dalhousie Counselling Services Centre*  
4<sup>th</sup> floor, Student Union Building

Career counselling is offered as a free and confidential service to students of Dalhousie University, University of King's College and the Nova Scotia College of Art and Design.

## Frank G. Lawson Career Information Centre

Dalhousie Counselling Services' Frank G. Lawson Career Information Centre houses a wide collection of career and academic resource materials.

Here you can find information on majors and careers, job descriptions and career profiles, labour market information, job search resources, career portfolios, career planning, universities and their course offerings, study/work abroad, volunteer opportunities, and much more.

The Centre is arranged for easy self-service access to its resources. Career Information Assistants are also available to help you find information.

Click to take a  
**Virtual Tour**  
of the Centre!

## students tell us

“ I was graduating and had no idea what I was going to do. The resources at the Career Information Centre were invaluable in helping me find my way.  
- 4<sup>th</sup> year Biology major

I liked how helpful everybody was. It's a place where you can go to get all kinds of career information and lots of friendly advice.  
- 3<sup>rd</sup> year Sociology major

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