

PSYCHOLOGY

MAJOR to CAREER MAP

How to Use This Map

Use the structure of the map to help you assess where you are and where you would like to go as you prepare for your professional career. The map offers suggestions; you don't have to do it all!

While you will learn a lot from your studies, take time to focus on other things that will help you be more competitive in your job search or graduate school applications. Get relevant experience outside the classroom, build your network, perform service and expand your contributions through leadership, and build the career management skills needed to find a job and move forward in your career.



Plan for Career Success

It is never too early to think about and plan for your future! Take the time to think about the skills you need to develop and experiences you need to have to prepare for your professional career, or move to the next level. Explaining your strengths and experiences with compelling examples will be an important step as you apply for jobs and further education. Use this map as a guide, and see the [Career & Professional Development website](#) for additional resources.

Build Skills and Experiences Employers Look For

Employers seek a variety of skills, knowledge and experience when hiring for professional roles. While specific needs vary by industry and employer, recent surveys* indicate the top skills they seek are as follows:

- 1 Strong oral and written communication skills
- 2 Ability to work in teams and collaborate
- 3 Ethical judgment and decision-making
- 4 Critical thinking and analytical skills

Employers also look for job-specific knowledge, relevant technology skills, and the ability to apply knowledge and skills to real world settings. These are learned through internships, volunteer leadership roles and relevant jobs related to your career interests.

* Hart Research Associates, 2015. Falling Short? College Learning and Career Success. Retrieved from Association of American Colleges & Universities Website: <https://aacu.org/leap/public-opinion-research/2015-survey-results/>; National Association of Colleges and Employers (NACE), 2016. Career Readiness Defined. Retrieved from NACE website: www.naceweb.org/career-readiness/competencies/career-readiness-defined/

Get the Help you Need

Mercy College provides you with a large number of support services from the time you enter the college through graduation. We offer a personalized learning experience that includes the College's Personalized Achievement Contract (PACT) program. PACT is a nationally recognized mentoring program that serves as a model for student success. Your PACT mentor is your point person who helps you navigate college life.

Mercy College promotes student learning and holistic development by offering programs and services that support students' academic development, inspire personal growth, and foster interpersonal connections and collaboration to prepare students for success in our diverse community and beyond. Check out the [Division of Student Affairs website](#) for available resources.

The Career and Professional Development team at Mercy College offers tools, training, and exposure to opportunities that empower our students to take ownership of their career success. Attend our events, career fairs and programs to learn and practice career skills, or see a counselor to get tips on finding internships or jobs, to practice interviewing, or to hone your professional resume. Our [website](#) also contains videos, resume formats and other useful tips to help our students prepare for their professional careers.

PSYCHOLOGY

THE STUDY OF BEHAVIOR

Psychology is the study of behavior, the mind, and factors that influence them. It is a diverse field that encompasses the study of all aspects of behavior. Students will learn about behavior from the socio-cultural, clinical, developmental, evolutionary, cognitive and biological perspectives.



Degree OPTIONS

Bachelor of Science in Psychology

Additional Academic Opportunities:

- Dual Degree in Psychology and Education (B.S. in Psychology + M.S. in Education)
- Four Plus One Program (B.S. in Psychology + M.S. in Psychology)
- CASAC-T (Credentialed Alcoholism and Substance Abuse Counselor)

WHY STUDY PSYCHOLOGY?

Psychology is a broad field with many applications. A degree in psychology can help you to be successful in a wide range of careers. With an undergraduate degree in psychology, you can pursue careers that enable you to influence peoples' lives, such as mental health worker, therapy aid, or human resources recruiter. You could also use your skills in analytical roles such as marketing researcher. This degree will help you be successful in a wide range of careers in business, medicine, education, health care, law and government. It will also give you a solid foundation to continue your education and pursue a graduate degree in many areas of specialization. With the Mercy College psychology curriculum, practical experience through internships, relevant research experience and more, students will prepare themselves to be successful in their chosen careers.

With additional graduate study in psychology, you can become a Clinical Psychologist, Neuropsychologist, Art/Music Therapist, Marriage and Family Therapist, School Psychologist, Forensic Psychologist, Industrial/Organizational Psychologist, Animal Psychologist, Research Psychologist, College Professor and more.

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FOR THOSE WITH A PASSION TO GET AHEAD

1st PHASE

2nd PHASE

3rd PHASE

4th PHASE/FINAL YEAR

TAKE THE COURSES YOU NEED

PSYN 101
Meet with your PACT Mentor to discuss your major interests.
Use the **Academic Program Sequence map** to create your academic plan.

PSYN 207 or PSYN 230, AND PSYN 213 or PSYN 244
Participate in class discussions and presentations to build valuable workplace skills.
Strive for the best grades you can get. Academic performance matters when you apply to jobs and/or graduate school.

PSYN 233 or PSYN 254 or PSYN 263, AND PSYN 311 or PSYN 312, AND PSYN 320, AND PSYN 370
Continue strong academic performance.
Meet with your PACT Mentor to ensure you are on track to graduate, especially, if you are interested in pursuing the Dual Degree.
Explore elective courses in Psychology related to your career interests.

PSYN 316 or PSYN 426, AND PSYN 372, AND PSYN 374
Check in with your PACT Mentor to ensure all course requirements are met.
Apply to graduate! Degree conferral application deadlines are listed in the **Undergraduate Catalog**.
Continue to explore elective courses in Psychology related to your career interests.

GET RELEVANT EXPERIENCE AND MAKE PROFESSIONAL CONNECTIONS

If not already working, get a job to gain experience. It is best if the job is in your field of interest but all work experience has value.
If applicable, apply for Federal Work Study jobs in **Career Maverick** to start building relevant work skills right on campus.

Start learning about internships in your career interests and how to secure one. See a career coach to learn more.
Try to get work experience in a field of interest. See **Career Maverick** for opportunities.
Consider **studying abroad** to gain international experience.

Complete an internship for credit in your field (PSYN 399). Apply for an **internship grant** if unpaid.
Do research to deepen your understanding of a relevant topic. Research course options include Independent Study in Psychology (PSYN 497) or Directed Research (PSYN 349).
Create your **LinkedIn** account and ask a career counselor to review it.

Complete a second internship if possible. Present your research at a college symposium or a professional conference.
Update your **LinkedIn** account and join relevant groups.
Attend Mercy College career fairs and events to learn about opportunities, and connect with employers looking for talent.

CONNECT WITH OUR MERCY COMMUNITY

Join **Career Communities** to explore & start learning about industries of interest.
Attend Career & Professional Development **events** to start learning early.
Join a **club** on campus such as the Psychology Club. Join Student Government! Employers love to see campus involvement.

Take on more responsibility within your clubs or organizations.
Attend workshops and events to learn and network with faculty and other students. They will become part of the network you are building.
Volunteer to help with planning of events and outreach for your **career community**.

Join an Honor Society such as **Psi Chi** and get involved.
Make yourself known to your Professors (who you are, your skills and interests, etc.) Later on, they may be willing to serve as a professional reference for you.

Join the **Mercy Alumni LinkedIn Group** to connect with alumni in your major and career interest groups.
Attend **senior events** held by Student Life and Career & Professional Development to celebrate your upcoming graduation and career next steps.
Touch base with your Professors and key staff to ask for reference letters, if needed. Thank them!

GAIN LEADERSHIP AND SERVICE EXPERIENCE

Volunteer for events such as fundraising for causes, or assist with a community event for a youth group, a political group, or a religious organization. You will build skills, connections and make a difference.
Apply to become a Mav Team member, as a Resident Assistant, Orientation Leader or Peer Mentor. Contact studentlife@mercy.edu

Make a commitment to an organization that helps others. A few examples are the American Red Cross, the United Way, or local community or religious organizations.
Apply to become a Mav Team member!

Apply what you have learned in a leadership role in an organization.
Help organize events, fundraising efforts, volunteers, budgets and other resources.

Increase your contribution through a leadership role in an organization. You will build skills you will use in leadership roles in your career, and meet people who will help you as your career develops.
People you meet early in your career often want to help students, and may play an important role in your professional career.

GET READY FOR YOUR PROFESSIONAL LIFE AFTER GRADUATION

See your PACT Mentor to discuss your major to career interests. Check out **Focus 2**, the free Mercy College career exploration tool.
Make an appointment with a career coach to establish or update your career plan (CPD@mercy.edu).
Build a professional resume and cover letter and upload them to **Career Maverick**.

Continue to update your resume. Create your elevator pitch, a 30-second speech that summarizes who you are, what you do and why you would be a perfect candidate. Learn how to interview successfully.
Review the many career resources available on the **Mercy website**.
Explore various Psychology fields of interest and graduate school requirements. To work meaningfully in the field of Psychology, a graduate degree will be required.

Get help thinking about graduate school from a faculty member. Research education requirements for careers of interest. If needed, prepare for required tests (GRE, LSAT, GMAT). If interested in Dual Degree program, submit application to Admissions.
Investigate requirements for full time jobs in your career areas of interest. Be proactive; this depends on you!
Practice mock interviews using Big Interview in **Career Maverick**, or meet with a career coach.

Apply to jobs or higher education programs or make other plans. Do not wait until after graduation!
Practice interviewing! Learn to convey your own skills and experiences in relation to what employers are looking for.
Join Psychological Organizations to learn about and network with professionals in the field (i.e., APA, APS)

CAREER EXAMPLES

Where could I go after graduation?*

Human Services & Education
Community Mental Health Services
Family & Marriage Counseling*
Mental Health Counseling*
Substance Abuse Counseling*
Youth Counseling
Education*
Psychology/Psychiatry*
Sports Psychology*
Social Justice
Social Work*
Academic Counseling, Advising or Recruiting

Public Service, Law & Government
Community Education/
Crime Prevention
Political Offices & Campaigns
Public Policy & NGOs
Government Offices & Agencies

Media, Marketing & Communications
Communications & Broadcasting
Corporate Communications
Marketing
Public Relations
Publishing

Accounting, Finance & Business
Business Management/
Non-profit Management
Human Resources/
People Operations/Talent

Health & Wellness
Administration & Support Services
Community Health Services
Corporate Wellness
Health Promotion/Education
Patient Advocacy
Public Health

Clinical Healthcare
Clinical Psychology*

Science, Technology and Math (STEM)
Psychology Research
Neuroscience Research
Statistics*
Data Science*

*Some careers may require further education/training/certifications