

# Professional Development Workshop #1

## *Exploring Career Paths in Psychology*



Sept 10<sup>th</sup>, 2021

BU

Psychological & Brain Sciences

# Today's Agenda

- Introductions
- Statistics on careers in psychology
- Career paths in psychology
- Areas of specialization in psychological research
- Reflection and networking activity



# Introductions



Arts & Sciences  
Psychological & Brain Sciences

Boston University Wheelock College of Education  
& Human Development



**Meredith Pecukonis**

*Developmental Science*  
mpecukon@bu.edu



**Esra Nur Küçük**

*Developmental Science*  
esranurk@bu.edu



**Ian Chandler-Campbell**

*Applied Human Development*  
ilc@bu.edu



**Jenna Sandler Eilenberg**

*Clinical Psychology*  
jenmiche@bu.edu

<https://www.menti.com/ozkhv7hqv9>



Why are you interested in pursuing a career in psychology?

<https://www.menti.com/ozkhv7hqv9>



Why are you here at  
this workshop today?

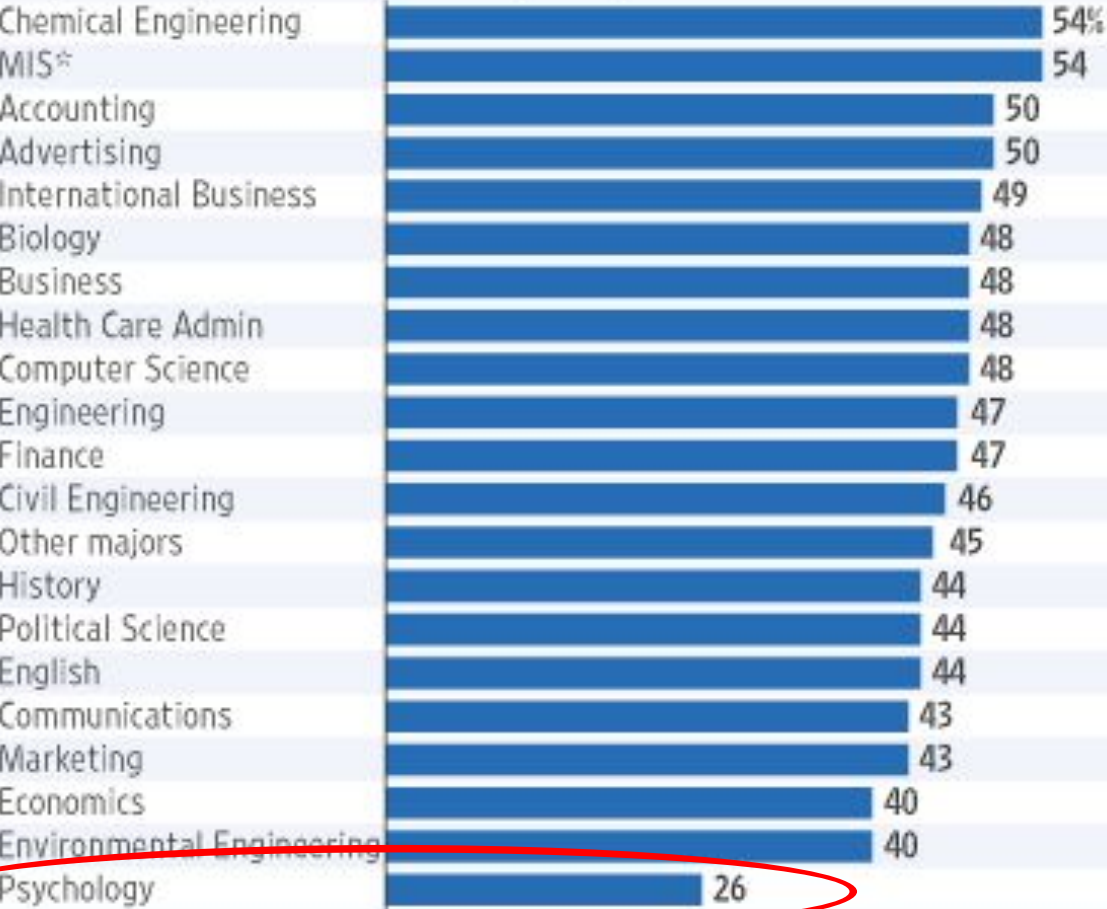
So I got my Bachelor's degree...



# Stressed out? You're not alone!

## Satisfaction Not Guaranteed

Percentage of college graduates, sorted by major, who answered 'satisfied' or 'very satisfied' to the question: 'Overall, how satisfied are you with your current career path up to now?'



\*Management Information Systems

Survey was conducted between April and June 2010, of people who graduated college between 1999 and 2010, with 10,800 respondents. Margin of error ranges between 2% and 7%, depending on major. Survey was limited to grads in a set of jobs deemed satisfying, well-paid and with growth potential. Source: PayScale.com

EVEN BEFORE COVID-19,

**19%**

OF ADULTS EXPERIENCED A MENTAL ILLNESS,

**▲ 1.5 M**

PEOPLE OVER LAST YEAR'S DATASET.

SUICIDAL IDEATION AMONG ADULTS IS **INCREASING**

**▲ .15%**

OR OVER 460,000 PEOPLE FROM LAST YEAR.

**24%**

OF ADULTS WITH A MENTAL ILLNESS REPORT AN **UNMET NEED FOR TREATMENT**. THIS NUMBER HAS **NOT DECLINED** SINCE 2011.

**9.7%**

OF YOUTH IN THE U.S. HAVE SEVERE MAJOR DEPRESSION. THIS RATE WAS **HIGHEST AMONG YOUTH WHO IDENTIFY AS MORE THAN ONE RACE, AT**

**12.4%**

**60%**

OF YOUTH WITH DEPRESSION DO NOT RECEIVE ANY MENTAL HEALTH TREATMENT.

EVEN IN STATES WITH THE GREATEST ACCESS,

**1 IN 3**

ARE GOING WITHOUT TREATMENT.

EVEN AMONG **YOUTH WITH SEVERE DEPRESSION** WHO RECEIVE SOME TREATMENT,

**ONLY 27%**

RECEIVE CONSISTENT CARE.

**10.8%**

OF AMERICANS WITH A MENTAL ILLNESS ARE **UNINSURED**. THIS **INCREASED** FOR THE FIRST TIME SINCE THE PASSAGE OF THE AFFORDABLE CARE ACT (ACA) – THE FIRST NUMBERS THAT REFLECT THE TRUMP ADMINISTRATION.

# You are unique!

## The world needs your knowledge and professional skills.

- Out of the 1,981,000 bachelor's degrees awarded in 2018, 116,000 of those were in psychology. That's only **5.86%**.
- Rates of mental health issues and unmet mental health needs are rising across the world; these rates have increased exponentially since the beginning of the COVID-19 pandemic.



# What do most people do with my degree?

Primary job by level of highest psychology degree<sup>1, 2, 3</sup>  
Level of highest psychology degree

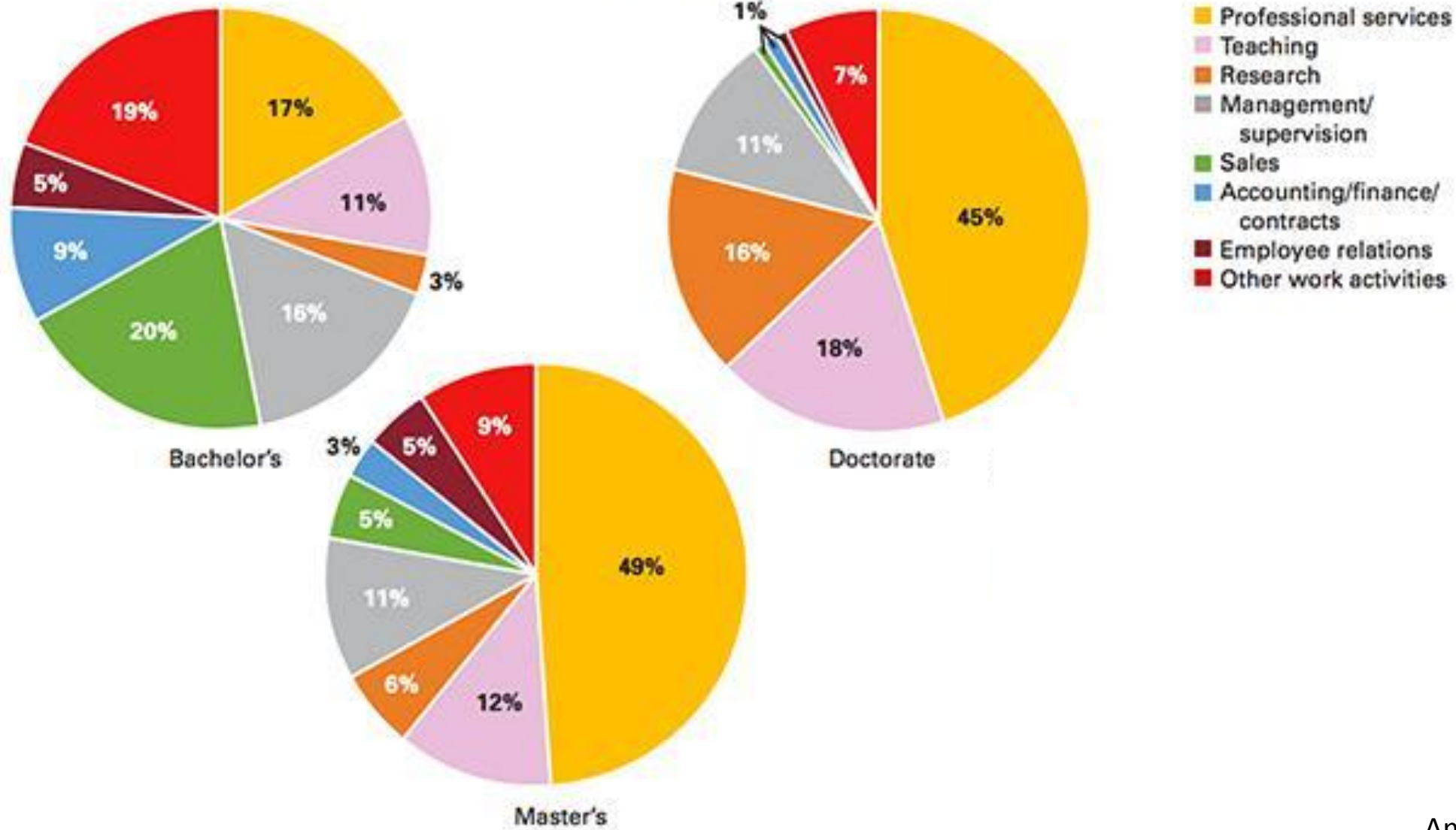
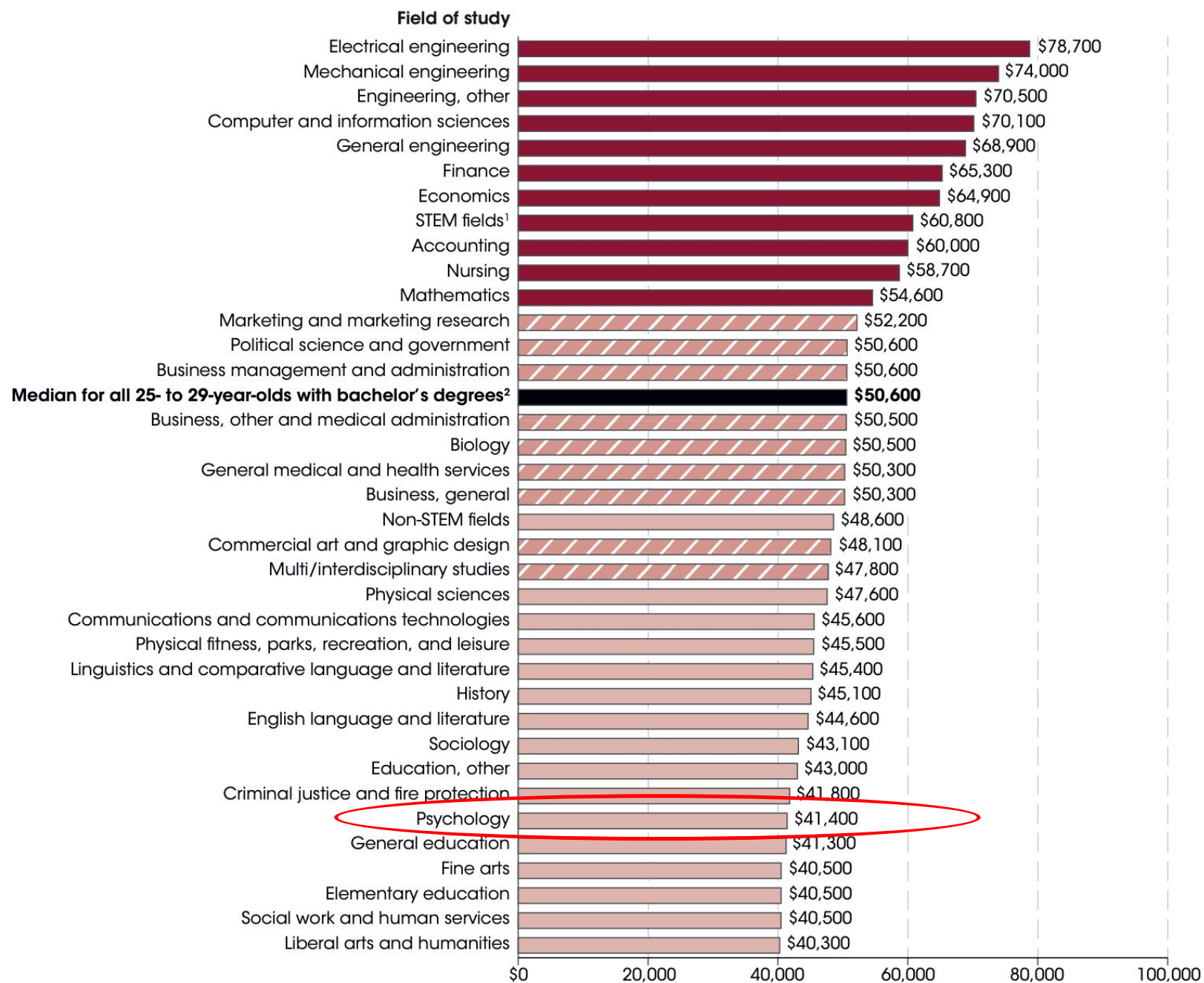


Figure 1. Median annual earnings of 25- to 29-year-old bachelor's degree holders, by selected fields of study: 2018

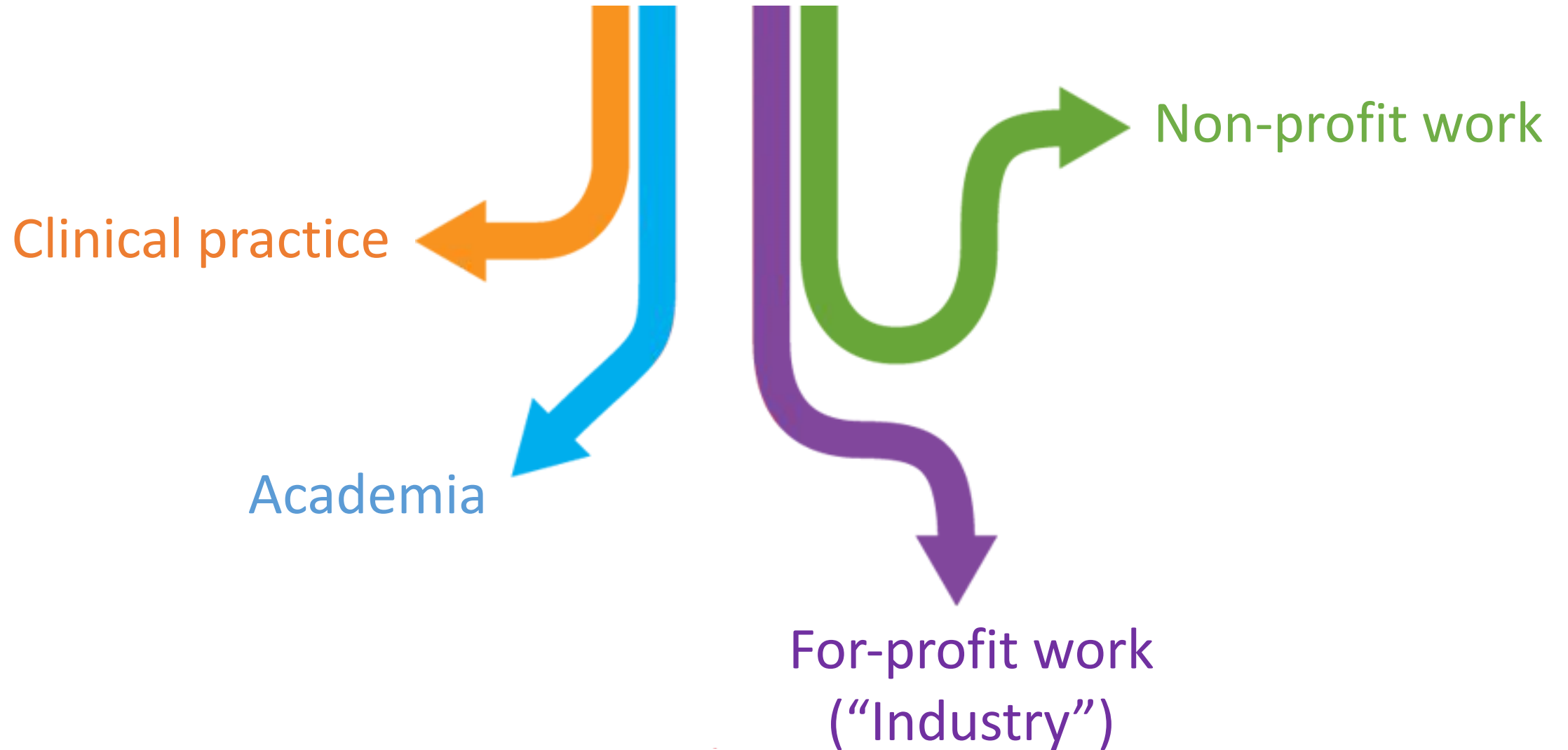


# How much will I make?

According to Georgetown University's Center on Education and the Workforce (2015):

- 25- to 59-year-olds made **\$49,000** per year on average
- **45.3%** of those with a bachelor's degree in psychology went to graduate school
- Those with a graduate degree made **33% more** than those with a bachelor's degree in psychology

# Career paths in psychology



# Clinical practice

# Clinical practice

## Job titles

- “Therapist”

# Clinical practice

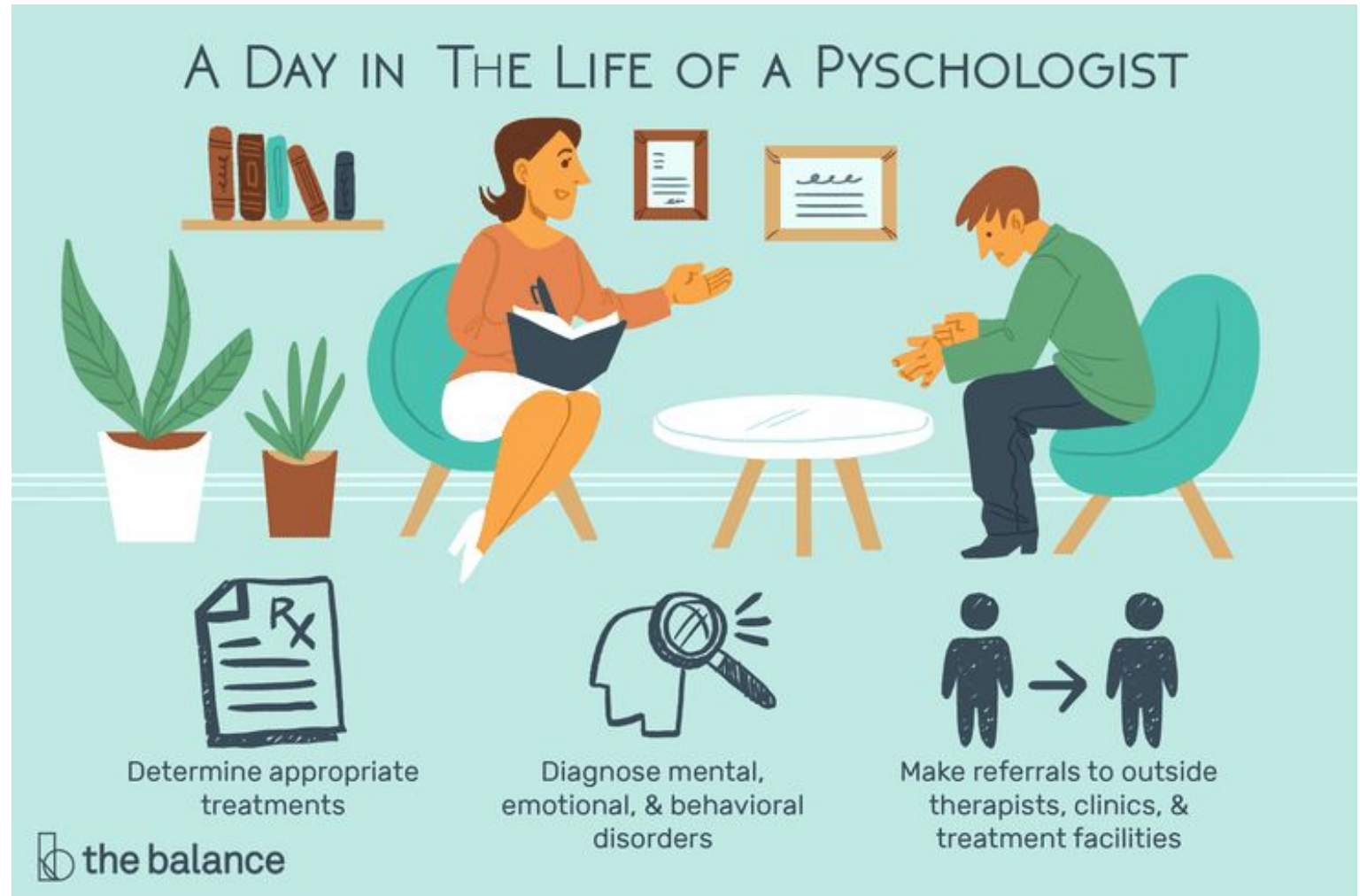
## Job titles

- “Therapist”
  - Clinical Psychologist



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

CLINICAL



# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist

Type of Program:	Counseling Psychology Ph.D.	Clinical Psychology Ph.D.
<b>Programs</b>		
a. <i>Number</i>	<ul style="list-style-type: none"> <li>• Fewer (64 APA-accredited as of 2016)</li> </ul>	<ul style="list-style-type: none"> <li>• More (172 APA-accredited as of 2016)</li> </ul>
b. <i>Recruitment terminology</i>	<ul style="list-style-type: none"> <li>• “maladaptive”, “normal developmental issues/problems”, “life span”</li> </ul>	<ul style="list-style-type: none"> <li>• “psychopathology assessment”, “treatment”, “manualized therapy”</li> </ul>
d. <i>Location</i>	<ul style="list-style-type: none"> <li>• Typically Education departments</li> </ul>	<ul style="list-style-type: none"> <li>• Typically Psychology departments</li> </ul>
e. <i>Orientation</i>	<ul style="list-style-type: none"> <li>• Typically scientist-practitioner (87%)</li> </ul>	<ul style="list-style-type: none"> <li>• Typically scientist-practitioner (80%)</li> </ul>
g. <i>Training</i>	<ul style="list-style-type: none"> <li>• Less likely to have practicum sites in 1) child settings 2) adult inpatient/hospital settings</li> <li>• Students perceive higher levels of socioemotional support from faculty (may be associated with lifespan/vocational model)</li> </ul>	<ul style="list-style-type: none"> <li>• More likely to offer practicum sites in 1) child settings and 2) adult inpatient/hospital settings</li> <li>• Emphasis on psychopathology assessment and manualized treatment</li> <li>• Students typically publish more</li> </ul>
<b>History</b>		
	<ul style="list-style-type: none"> <li>• Grew out of “vocational psychology” division of APA</li> <li>• Industrialization/efficiency focus → scientific study of factors affecting job performance</li> <li>• Post-WWII: Job training/counseling for returning GIs – incorporated external forces affecting mental health</li> </ul>	<ul style="list-style-type: none"> <li>• Outgrowth of medical field (e.g., Freud)</li> <li>• “clinical” → Greek <i>κλῖθε</i>, as in “recline”</li> <li>• Came first; has traditionally studied mental health disturbance</li> <li>• American Psychological Association established 1892</li> </ul>
<b>Focus</b>		
a. <i>Populations</i>	<ul style="list-style-type: none"> <li>• Less likely to work with high-risk populations (children or specialized)</li> <li>• More likely to work with overall healthy populations (e.g., college students)</li> </ul>	<ul style="list-style-type: none"> <li>• More likely to work with children</li> <li>• More likely to work with ‘specialized’ populations or psychopathology (e.g., personality disorders)</li> </ul>
b. <i>Theoretical orientation</i>	<ul style="list-style-type: none"> <li>• More commonly client-centered or humanistic</li> <li>• More likely to espouse feminist or multicultural approaches</li> </ul>	<ul style="list-style-type: none"> <li>• More commonly psychoanalytic or behavioral</li> <li>• More likely to use cognitive-behavioral therapy and manualized treatments</li> </ul>
c. <i>Practice</i>	<ul style="list-style-type: none"> <li>• Personal/interpersonal health and well-being across the lifespan</li> <li>• Vocational perspective - address life change and stressors associated with psychopathology</li> <li>• More career/vocational assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment and treatment of moderate to severe types of mental illness</li> <li>• Healthcare perspective – diagnose and treat life changes and stressors in context of psychopathology</li> <li>• More psychopathology assessment</li> </ul>
d. <i>Workplace location</i>	<ul style="list-style-type: none"> <li>• More likely to work in college counseling centers</li> </ul>	<ul style="list-style-type: none"> <li>• More likely to work in hospital/inpatient settings</li> </ul>



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist
  - Social Worker



## What Does a Social Worker Do?



Act as advocate



Research social problems to look for remedies



Teach clients new skills



Counsel clients who need support and assistance



Protect vulnerable clients



Link clients to essential community resources



# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist
  - Social Worker
- School Psychologist



**SCHOOL PSYCHOLOGISTS**  
support students' ability to learn and teachers' ability to teach.

**THEY ARE EXPERTS IN**

- Learning
- Behavior
- Mental Health
- School Systems

**THEY PROVIDE**

- Academic, behavioral, and mental health supports
- Evaluation, assessment, and data analysis
- Consultation with teachers and families
- Culturally responsive services
- Crisis prevention and response

**THEY SUPPORT**

- Struggling and diverse learners
- Student achievement and well-being
- Safe and supportive learning environments
- School-family-community partnerships
- School-wide data-based decision making

The infographic features two cartoon characters: a male teacher with glasses and a female student with glasses holding a book. The background is a mix of teal and light green.

# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist
  - Social Worker
- School Psychologist
- Neuropsychologist

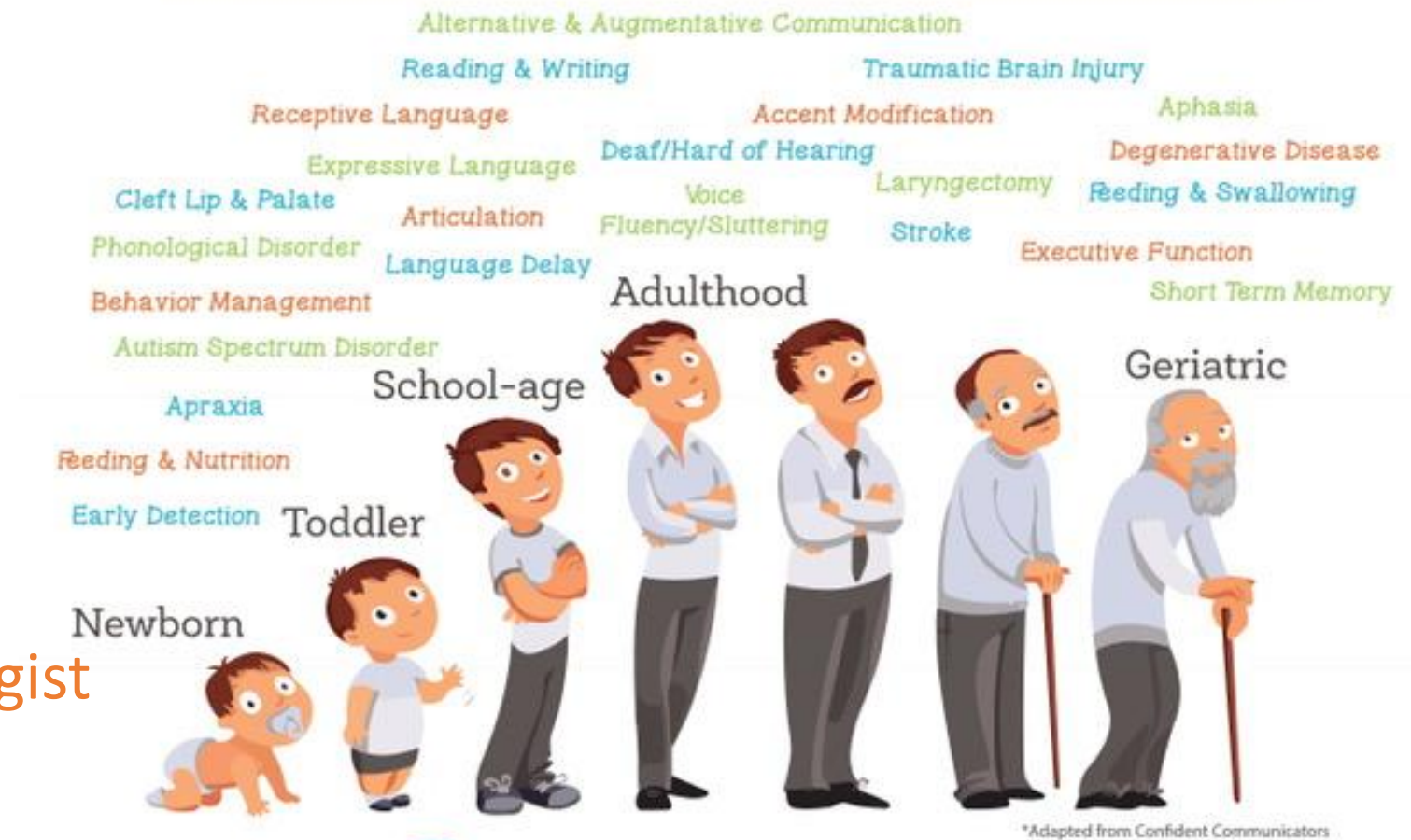


# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist
  - Social Worker
- School Psychologist
- Neuropsychologist
- Speech-Language Pathologist

## Who needs a speech-language pathologist?



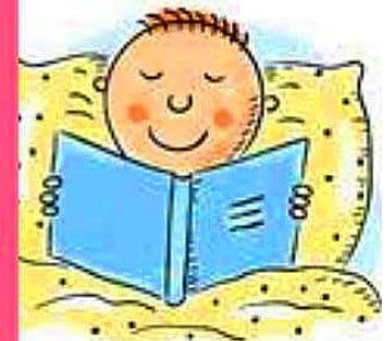
# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist
  - Social Worker
- School Psychologist
- Neuropsychologist
- Speech-Language Pathologist
- Occupational Therapist



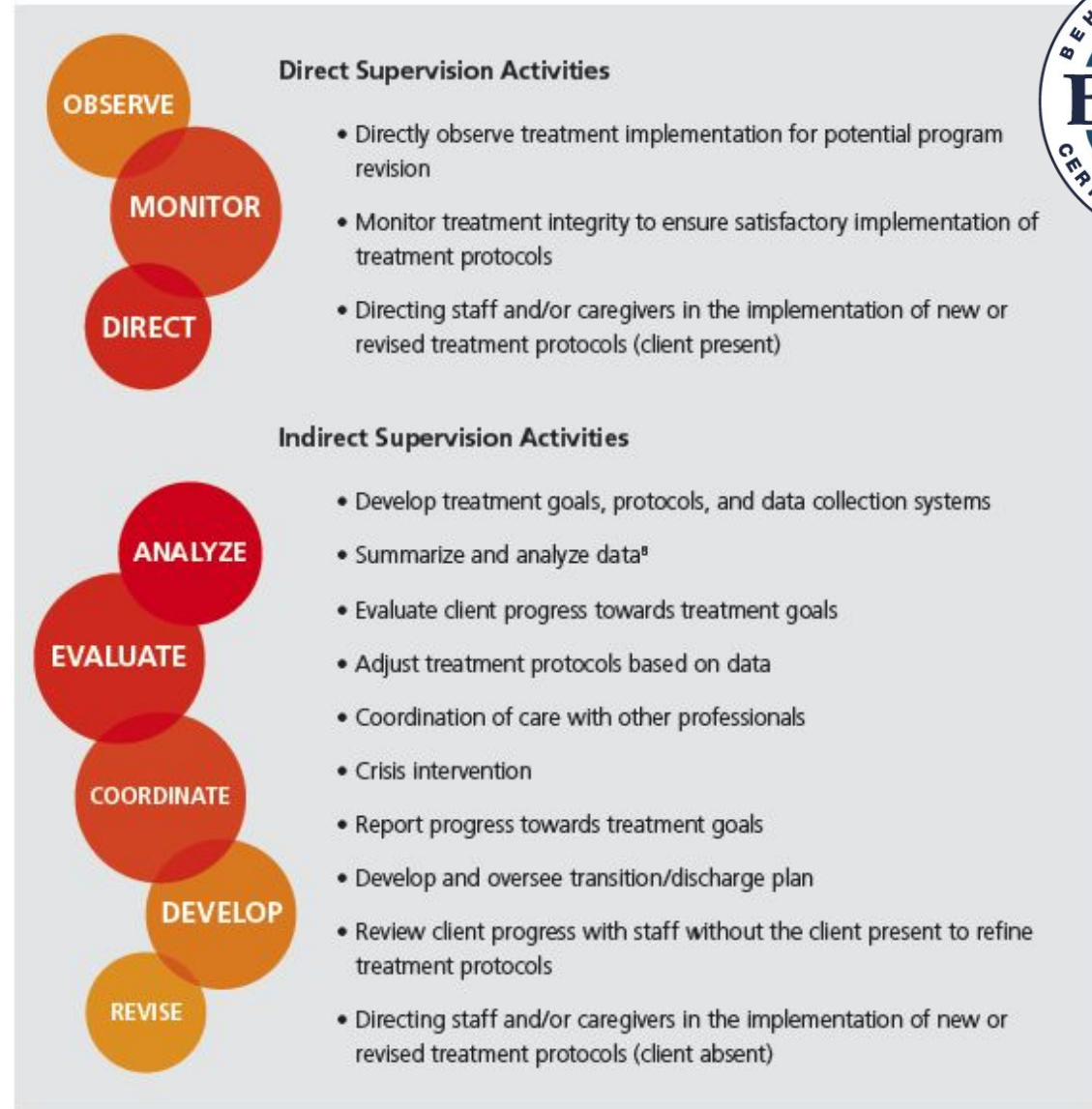
OCCUPATION IS  
OUR FANCY WORD  
FOR THINGS YOU  
WANT TO DO, NEED  
TO DO, AND ARE  
EXPECTED TO DO IN  
YOUR DAILY LIFE



# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist
  - Social Worker
- School Psychologist
- Neuropsychologist
- Speech-Language Pathologist
- Occupational Therapist
- Behavioral Interventionist (BCaBA/BCBA, EI Specialist)



# Clinical practice

## Job titles

- “Therapist”
  - Clinical Psychologist
  - Counseling Psychologist
  - Social Worker
- School Psychologist
- Neuropsychologist
- Speech-Language Pathologist
- Occupational Therapist
- Behavioral Interventionist (BCaBA/BCBA, EI Specialist)



# Clinical practice

## Schooling needed?

- Most careers in clinical practice require...
  - A Masters degree or Doctorate (PhD)...
  - AND multiple years of clinical supervision/internship...
  - AND passing licensure exam(s)
- Some specialized training programs for behavioral intervention that don't necessarily require graduate degree

# Clinical practice

## Work settings

- Private practice
- Hospitals
- Clinics
- K-12 schools
- Colleges/universities
- Patients' homes
- Adult or senior living communities
- Telehealth

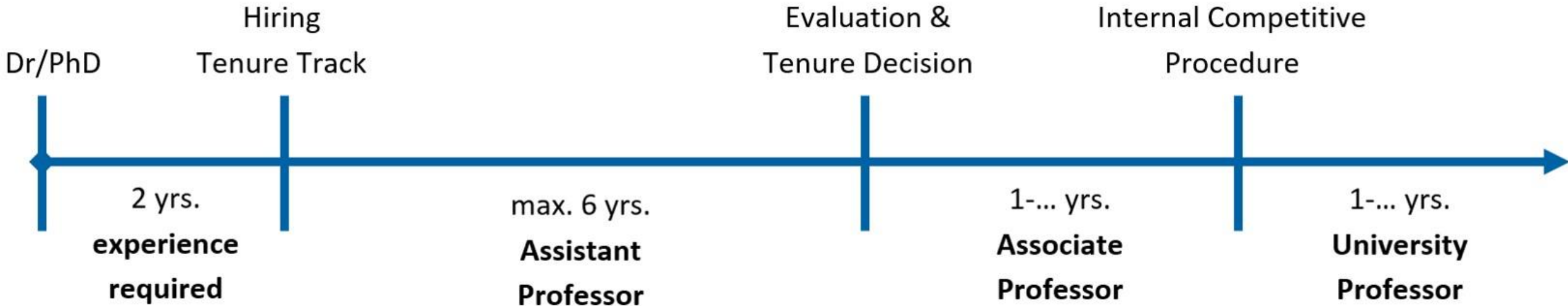


Academia

# Academia

## Job titles

- Tenure-track professor



# Academia

## Job titles

- Tenure-track professor
- Research/staff scientist



+ GETTING FUNDING!

# Academia

## Job titles

- Tenure-track professor
- Research/staff scientist
- Lecturer/adjunct



# Academia

## Job titles

- Tenure-track professor
- Research/staff scientist
- Lecturer/adjunct
- Administrator
  - Academic advisor
  - Grant/project manager
  - Program coordinator
  - Accounts coordinator



# Academia

## Job titles

- Tenure-track professor
- Research/staff scientist
- Lecturer/adjunct
- Administrator
  - Academic advisor
  - Grant/project manager
  - Program coordinator
  - Accounts coordinator
- Research technician
- Lab manager



# Academia

## Schooling needed?

- Tenure-track professors, research/staff scientists, and (most) lecturers need to have a Doctorate (PhD)
- Research technician, lab manager, and administrator positions do not necessarily require a graduate degree, although you will be viewed more favorably (and probably paid more) if you have one!
  - Research technician and lab manager are great “post-bac” career options

# Academia

## Work settings

- Colleges/universities
  - Public vs. private
  - Research-focused universities vs. liberal arts colleges
  - Community colleges
  - Online universities
- Hospitals/clinics
- Research centers (e.g., National Institutes of Health)
- High schools



For-profit work (“Industry”)



CENGAGE



amazon



Pearson

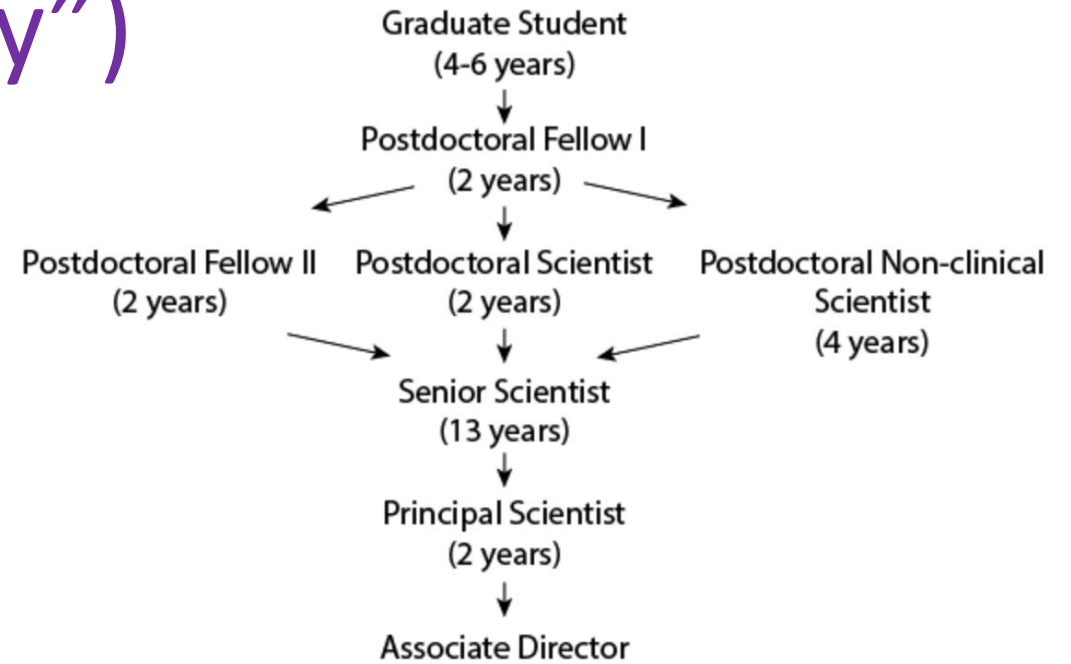


# For-profit work (“Industry”)

## Job titles

- Research/data scientist

### Industry Research



### Industry Research



# For-profit work (“Industry”)

## Job titles

- Research/data scientist
- Project manager



# For-profit work (“Industry”)

## Job titles

- Research/data scientist
- Project manager
- Consultant



# For-profit work (“Industry”)

## Job titles

- Research/data scientist
- Project manager
- Consultant
- Science journalist/editor

**SCIENTIFIC  
AMERICAN®**



# For-profit work (“Industry”)

## Schooling needed?

- Masters or doctorate (PhD) preferred but not always required – varies across companies
- Great option for folks who are double majoring in IT, business/marketing/advertising, writing, statistics, and communications

# For-profit work (“Industry”)



## Work settings

- Large, well-known corporations (e.g., Google, Amazon, Cengage)
- Start ups
- Freelancing
- In-office vs. remote

# Non-profit work



For-Profit	VS	Non-Profit
MISSION TO GENERATE PROFITS		MISSION TO DELIVER SERVICE
REVENUE FROM CUSTOMERS		REVENUE FROM DONORS, GRANTS, ETC.
MORE AMPLE BUDGET		SLIM BUDGET
PAID STAFF		PAID AND UNPAID STAFF



Girl Scouts®





# Non-profit work

## Job titles

- Director



# Non-profit work

## Job titles

- Director
- Administrator
  - Project manager
  - Coordinator (programming, accounting, fundraising/grants, volunteer, etc)



Advocacy &  
Policy



Board



Communications &  
Marketing



Development



Human  
Resources



Leadership &  
Employee Resources



Legal



Strategic Planning



Technology



Volunteer  
Management

# Non-profit work

## Job titles

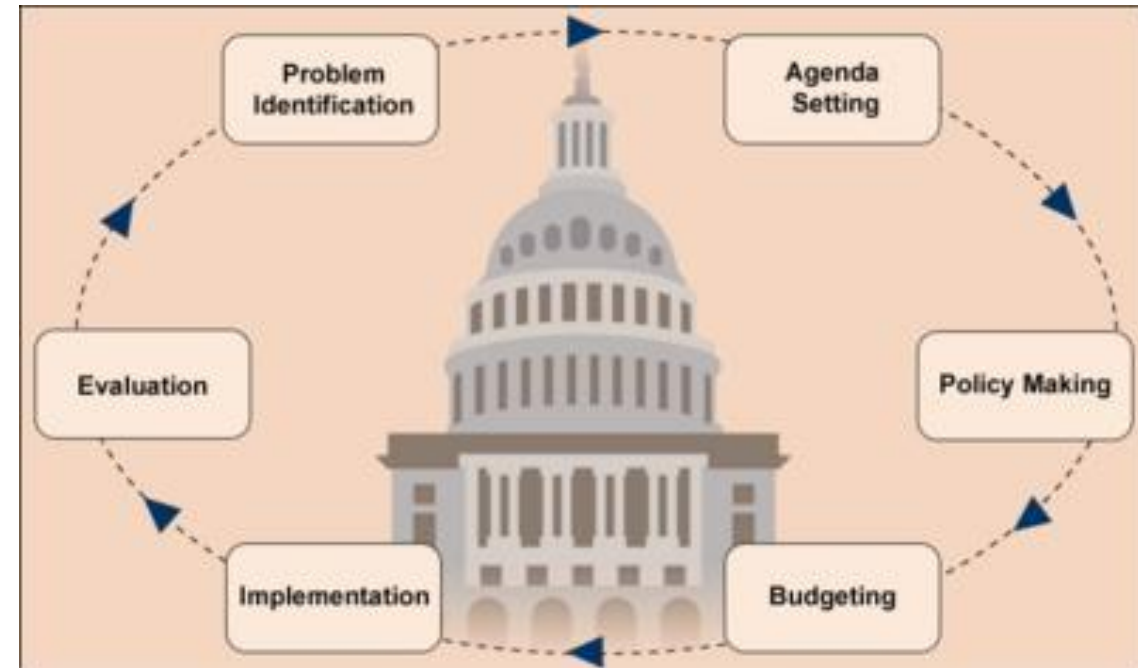
- Director
- Administrator
  - Project manager
  - Coordinator (programming, accounting, fundraising/grants, volunteer, etc)
- Patient/family advocate



# Non-profit work

## Job titles

- Director
- Administrator
  - Project manager
  - Coordinator (programming, accounting, fundraising/grants, volunteer, etc)
- Patient/family advocate
- Policy reviewer/analyst



# Non-profit work

## Job titles

- Director
- Administrator
  - Project manager
  - Coordinator (programming, accounting, fundraising/grants, volunteer, etc)
- Patient/family advocate
- Policy reviewer/analyst
  
- Some non-profits include clinical practice and/or research! (e.g., social worker, research scientist)

# Non-profit work

## Schooling needed?

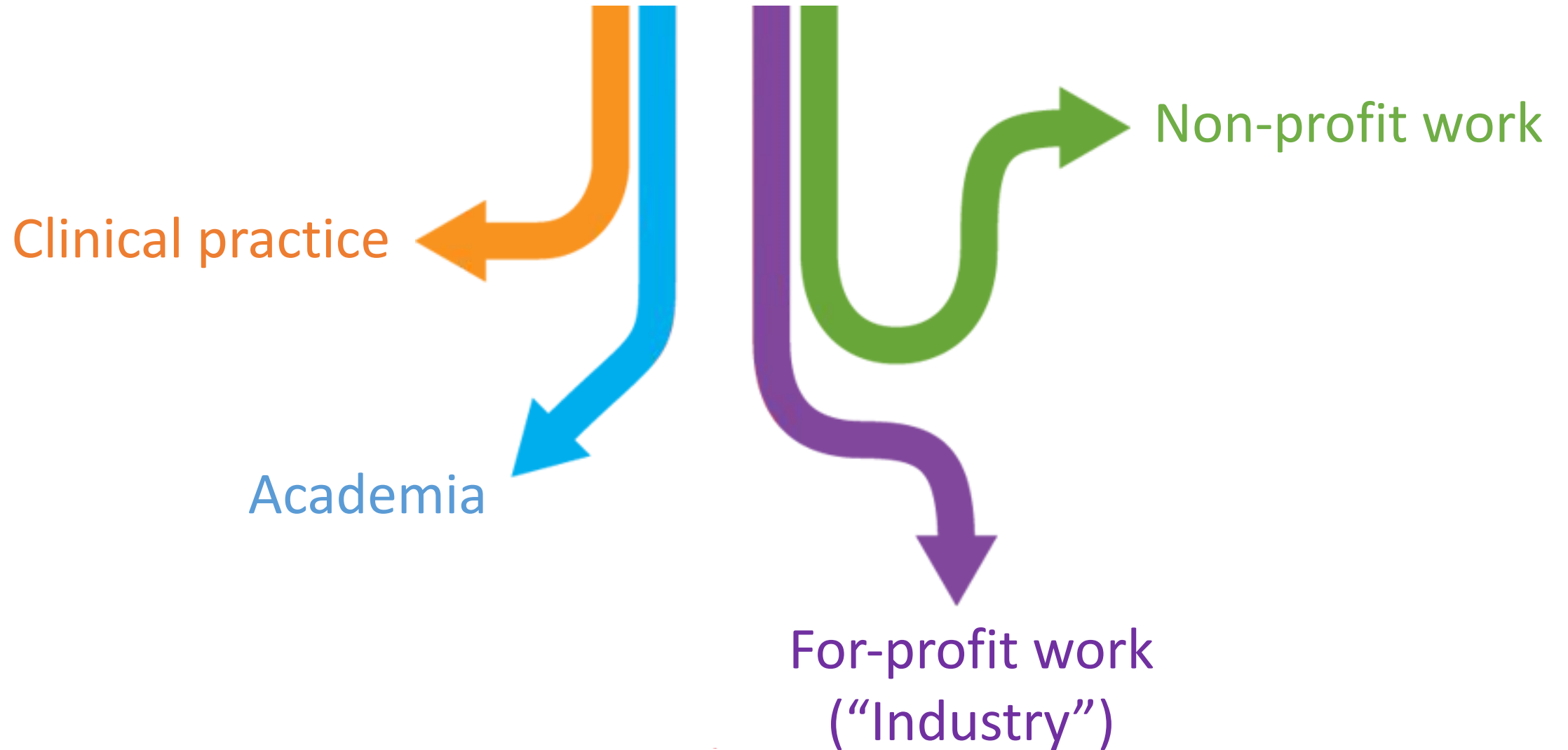
- Masters or doctorate (PhD) preferred but not always required – varies across organizations
- Great option for folks who are double majoring in public health, social work, business, writing, communications, history, and government/politics

# Non-profit work

## Work settings

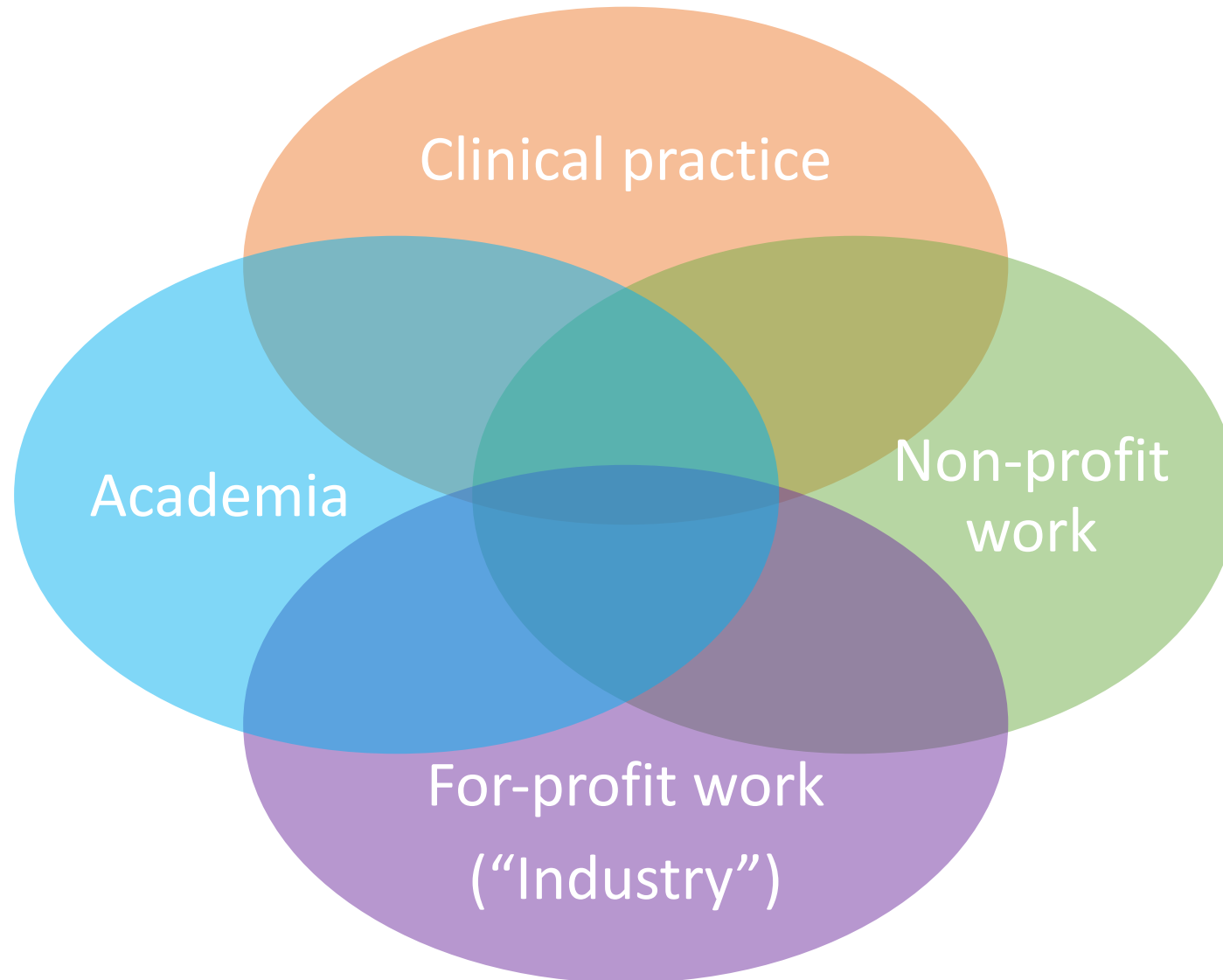
- Wide variety of settings depending on the non-profit's mission and size
- Local or federal government (departments, agencies, administrations, commissions)
- Community-based

# Career paths in psychology





# Career “sectors” in psychology



# Okay... I think I want to “do research”

- Areas of psychological research to specialize in:
  - Clinical psychology
  - Counseling psychology
  - Developmental psychology
  - Educational/school psychology
  - Experimental/quantitative psychology
  - Forensic psychology
  - Health psychology
  - Industrial/organizational psychology
  - Neuroscience/cognitive science
  - Social psychology
  - Social work
  - ... and many more!!!

# I'm officially overwhelmed... what can I do next?

- Take a deep breath...

# I'm officially overwhelmed... what can I do next?

- Take a deep breath...
- Do your research
  - Google, google, google
  - Talk to people who have job titles in the paths you are most interested in
  - Leverage personal connections
  - Conduct informational interviews
  - “Cold emailing” people is ok – just make sure you are professional
  - Foster any and all interpersonal connections – “who you know” is very important when applying for jobs

# I'm officially overwhelmed... what can I do next?

- Take a deep breath...
- Do your research
  - Google, google, google
  - Talk to people who have job titles in the paths you are most interested in
  - Leverage personal connections
  - Conduct informational interviews
  - “Cold emailing” people is ok – just make sure you are professional
  - Foster any and all interpersonal connections – “who you know” is very important when applying for jobs
- Seek out a wide variety of professional experiences
  - Knowing what you do not like is just as important as knowing what you do like

# I'm officially overwhelmed... what can I do next?

- Take a deep breath...
- Do your research
  - Google, google, google
  - Talk to people who have job titles in the paths you are most interested in
  - Leverage personal connections
  - Conduct informational interviews
  - “Cold emailing” people is ok – just make sure you are professional
  - Foster any and all interpersonal connections – “who you know” is very important when applying for jobs
- Seek out a wide variety of professional experiences
  - Knowing what you do not like is just as important as knowing what you do like
- Use resources available to you here at BU
  - Professors
  - Graduate students
  - Other undergraduate students
  - Professional organizations/clubs

# I'm officially overwhelmed... what can I do next?

- Take a deep breath...
- Do your research
  - Google, google, google
  - Talk to people who have job titles in the paths you are most interested in
  - Leverage personal connections
  - Conduct informational interviews
  - “Cold emailing” people is ok – just make sure you are professional
  - Foster any and all interpersonal connections – “who you know” is very important when applying for jobs
- Seek out a wide variety of professional experiences
  - Knowing what you do not like is just as important as knowing what you do like
- Use resources available to you here at BU
  - Professors
  - Graduate students
  - Other undergraduate students
  - Professional organizations/clubs
- Attend our upcoming workshops!

REGISTER HERE!



# Upcoming workshops!

- September 24<sup>th</sup> – “Gaining Research Experience”
- October 8<sup>th</sup> – “Applying to Graduate School”
- Both workshops will have Q&A discussion panels
- All workshops will be held on **Fridays** from **4:00pm-5:30pm**
- Please register in advance – Zoom workshops are limited to 300 participants
- Recordings of workshops will be available afterwards!



Questions?

# Important questions to ask yourself

- What am I most passionate about?
- What do I want my life to look like 5 years from now? What about 10 years?
- Do I want to go to graduate school? Can I afford to go to graduate school?
- What kind of setting do I want to work in?
- Where do I want to live?
- How much money do I want to make?
- What does my typical work week look like?
- What kind of lifestyle do I want to have?
- What kinds of tasks do I like to do? What kinds of tasks do I not like to do?
- Which career path/sector sounds the most interesting to me? Which sounds the least interesting?
- What can I do right now to better prepare myself for my “dream job?”

# Helpful resources

- BU's Center for Career Development:
  - <https://www.bu.edu/careers/>
- APA careers in psychology:
  - <https://www.apa.org/education-career/guide>
- Create your own Individual Development Plan:
  - <https://myidp.sciencecareers.org>
  - <https://www.apa.org/education-career/guide/individual-development-plan>