

Psychology 295
Career Development in Psychology
Spring 2023
SCI D230

Professor: Jeana L. Council, Ph.D.

Office: SCI D243

Meeting time: Wednesdays from 10-10:50

Office hours: Mondays 10:30-11:00, Wednesdays 9:30-10:00 & 1:30 - 2, and By Appointment

OBJECTIVES:

1. To provide students with information and resources that will allow them to develop a comprehensive understanding of the various fields of psychology. To this end there will be guest speakers throughout the term.
2. To promote student understanding of the Psychology Major at UWSP and to provide tips for being successful in the major.
3. To promote student understanding of the process of career development in psychology.
4. To familiarize students with planning for graduate school.
5. To introduce students to resources that will help in career exploration.

REQUIRED TEXT:

Kuther, T.L. & Morgan, R.D, (2010). Careers in Psychology: Opportunities in a changing world (3rd ed.). Belmont, CA: Thomson Learning/ Wadsworth.

Additional readings may be required. Information regarding location of such additional readings will be provided by your instructor as appropriate.

GRADING and REQUIREMENTS:

This is a pass-fail course. You will receive a “P” or “F” on your transcript, not a letter grade.

Passing the course will require the following:

- 1) Regular class participation and completion of required readings, homework, and activities. Being present in class allows for more interaction and opportunities to ask questions, especially of our guest speakers so your presence is strongly encouraged to get the most out of the course.
- 2) Completion and submission of 6 guest speaker reflection forms (forms are available on CANVAS and to be turned in on CANVAS).
- 3) Completion of a **well-organized, thoughtful** career exploration/development portfolio. More information on the portfolio is provided later in the syllabus following the course calendar. **Portfolio contents will be completed over the course of the semester, culminating in a synthesis paper which will be submitted on CANVAS on or prior to**

the final exam period (the portfolio itself will not be turned in, only the synthesis paper).

*****Any student in this course who has a disability that may prevent him/her from fully demonstrating his/her abilities should contact me personally as soon as possible so we can discuss accommodations necessary to ensure full participation and facilitate this educational opportunity.*

******UWSP supports an inclusive learning environment where diversity and individual differences are understood, respected, appreciated, and recognized as a source of strength. We expect that students, faculty, administrators and staff will respect differences and demonstrate diligence in understanding how other peoples' perspectives, behaviors, and worldviews may be different from their own.*

SPEAKER SCHEDULE:

There will be multiple guest speakers representing many areas of psychology. Please be extra sure to be on time for these class periods and to show courtesy and gratitude to the various professionals who are taking time from their work to be with us for the purposes of helping you in your career development.

Lecture Materials and Recordings Security

Lecture materials and recordings for this course are protected intellectual property at UW-Stevens Point. Students in this course may use the materials and recordings for their personal use related to participation in this class. Students may also take notes solely for their personal use. If a lecture is not already recorded, you are not authorized to record my lectures without my permission unless you are considered by the university to be a qualified student with a disability requiring accommodation. [Regent Policy Document 4-1] Students may not copy or share lecture materials and recordings outside of class, including posting on internet sites or selling to commercial entities. Students are also prohibited from providing or selling their personal notes to anyone else or being paid for taking notes by any person or commercial firm without the instructor's express written permission. Unauthorized use of these copyrighted lecture materials and recordings constitutes copyright infringement and may be addressed under the university's policies, UWS Chapters 14 and 17, governing student academic and non-academic misconduct.

Rights and Responsibilities

UWSP values a safe, honest, respectful, and inviting learning environment. In order to ensure that each student has the opportunity to succeed, a set of expectations has been developed for both students and professors

(see <https://www.uwsp.edu/stuaffairs/Documents/RightsRespons/rightsCommBillRights.pdf>).
All students are expected to be familiar with and to abide by these expectations.

Psych 295 Course Calendar

Wednesdays 10-10:50

This is a tentative course calendar – the instructor reserves the right to make changes as needed and changes are likely to occur in order to accommodate speaker schedules! Any major changes to the schedule will be provided in writing.

Date	Topic	Chapters to Be Read/Assignments to Be Completed
1. 1/25	Intro to the class; basics of the Psychology Major at UWSP; Tips for Success http://www3.uwsp.edu/psych/pages/default.aspx	Preface and Chapter 1 *Complete class interest/question form to be turned in on CANVAS by next week
2. 2/1	Exploring Self: Strengths Theory and Gainful Employment Assessing your personality, strengths, values, and interests http://www.careeronestop.org/TESTING/TestingAssessmentPgTwo.asp#ResearchTestingandAssessment StrengthsFinder Introduction	Complete the VIA Inventory at www.viacharacter.org , Submit results on CANVAS. Upload completed class interest/question form on CANVAS
3. 2/8	Exploring Self: Strengths Theory and Gainful Employment, continued MBTI Results Interpretation RIASEC Career Test Results Interpretation Connecting Self-Assessment Results to Careers: RIASEC (interests): http://www.careerplanner.com/JobDescSearchTool.cfm MBTI (personality/values):	Complete MBTI Personality Test here: https://16types.bz/en and upload results on CANVAS Complete RIASEC here: Holland Code Online Test - A Free RIASEC Career Test (psycho-tests.com) Upload results on CANVAS

		<p>http://students.georgiasouthern.edu/counseling/selfhelp/career01.htm</p> <p>Skills: http://www.careerinfonet.org/skills/default.aspx</p> <p>Exploring Careers: General Career Info:</p> <p>Dictionary of Occupational Titles: http://www.occupationalinfo.org/index.html</p> <p>US Dept. of Labor and Statistics: http://www.bls.gov/home.htm</p> <p>Occupational Information Network: http://www.onetonline.org/</p>	
4.	2/15	<p>Exploring Psychology Careers Continued:</p> <p>Careers with a Bachelor's Degree http://uncw.edu/stuaff/career/Majors/psychology.html</p> <p>Careers with a Graduate Degree http://www.apa.org/careers/resources/guides/careers.aspx</p> <p>Where do UWSP psych majors go after graduation? Follow-Up Studies of UWSP Graduates - Academic and Career Advising Center (ACAC) UWSP</p>	Chapter 3
5.	2/22	Exploring Psychology Careers: Clinical, Counseling, and Related fields of psychology	Read At Least <u>Two</u> Chapters That You Have an Interest In from Chapters 4-13
6.	3/1	Guest Speaker: TBA	
7.	3/8	Preparing for Graduate School and Job Interviews	Chapters 2 and 14
8.	3/15	Guest Speaker: TBA	
9.	3/22	SPRING BREAK	
10.	3/29	Portfolio Paper Work Day – No in-person class meeting,	

11. 4/12	Preparing for Graduate School and Job Interviews	Chapters 2 and 14
12. 4/19	Guest Speaker: TBA	
13. 4/26	Guest Speaker: TBA	
14. 5/3	Guest Speaker: TBA	
15. 5/10	Guest Speaker: TBA Course Wrap-Up	
Final 5/16 Tuesday 10:15am – 12:15pm	Submit Completed Career Exploration Synthesis Paper in CANVAS during (or prior to) Final Exam Time (No Class Meeting – turn in online only by no later than 12:15)	Career Exploration Final Paper Due (<u>to be submitted on CANVAS</u>)

Useful Web Resources:

UWSP Career Center Career Guide:

<http://www.uwsp.edu/career/pdfHandouts/careerguide-10-web.pdf>

UWSP Career Services Homepage:

<http://www.uwsp.edu/career/>

UWSP Psychology Department Homepage (see specifically sections on “student resources” and “research”)

<http://www3.uwsp.edu/psych/pages/default.aspx>

StrengthsQuest:

<http://www.strengthsquest.com/content/143780/Students.aspx>

Values in Action:

<http://www.viacharacter.org/>

Occupational Information Network:

<http://www.onetonline.org/>

Teaching of Psychology Advising Resources

<http://teachpsych.org/otrp/resources/index.php?category=Advising>

American Psychological Association Careers in Psychology Homepage:

<http://www.apa.org/careers/resources/guides/careers.aspx>

APA Accredited Graduate School Programs

<http://www.apa.org/ed/accreditation/programs/index.aspx>

Journal Sources:

- **Psych Articles or Psych Info via Ebscohost are subscriber data bases of abstracts of psychology articles available through the UWSP library**
 - **Psychology journals often have articles about career issues. Here is a sample list of journals.**
 - ❖ *American Psychologist*
 - ❖ *Career Development Quarterly*
 - ❖ *The Counseling Psychologist*
 - ❖ *Journal of Career Development*
 - ❖ *Professional Psychology: Research and Practice*
 - ❖ *Professional School Psychology*
 - ❖ *Vocational Guidance Quarterly*

Psyc 295

Instructions For Career Exploration/Development Portfolio

Overview

Please obtain a 3-ring binder to be used to compile your assessment measure results, informational handouts, useful web resources, and the resume that you will be creating throughout the semester (see calendar for details regarding due dates). You will then use this information in conjunction with the information you read about in class and hear from our guest speakers to fully explore one psychology-related career that you believe is a good fit for your personality type, values, interests, skills, and strengths. You will write a final paper regarding this career interest for inclusion in the portfolio to keep for your future interview purposes. **You will turn in the final paper only electronically via CAVAS.** Again, please keep the hard copy of your portfolio for future reference purposes for job, graduate school or related interviews!

The paper should be written in APA-Style. In total, the paper should be about five pages in length (not including title page or any references you may use) and should include the following:

- APA-Style Cover Page
- Introduction:
Provide background information regarding your background related to career development. In other words, include general information about how you wound up at UWSP and either majoring in or considering a major in psychology.

- **A Section on Career Assessment Results**
Write about the results of all of the various career assessments that you completed for this course (i.e., VIA Strengths Survey, MBTI, Self-Directed Search, Skills Profiler, and any of the optional measures you may have chosen to do. You may also include results from career assessments you may have taken outside of this course.) Be sure to include what the results mean to you and how they affect your career development process/career search.
- **A Comprehensive Section on One Psychology Related Career of Interest**
Select one psychology-related career that you are currently most seriously considering. Be sure to provide information about the characteristics of your chosen job title, the number of people employed in the job, future job prospects, salary, the kind of education and/or certification you would need to perform the job, etc. You should also include a discussion of the kinds of skills, personality styles, values, etc. needed for the job. All of the information in this section should be based upon valid sources (see your syllabus for a list of websites and journals where you can find the factual information required in this section) and you must cite your sources in APA-Style and include a reference page (see notes below regarding APA style).
- **An Analysis Section**
Analyze the areas of fit and lack of fit between the career reviewed in the previous section and your values, skills, interests, and personality features based upon the assessments taken throughout this semester. Please refer to scholarly sources when linking your skill sets to this career (i.e., refer to DOT data, RIASEC tables, MBTI-based career research, strengths theory, etc...)
- **A Section on How You Will Structure Your Time at UWSP**
Discuss how you will structure your college degree and extracurricular activities to help you achieve your career goals. Be specific. You might include information here related to key courses you will take, what you will minor in, research and internship plans, volunteer work, graduate school application plans, etc....
- **Strong Conclusion**
- **APA-Style Reference Page**

Notes on APA Style

Psychology papers follow the style described in the publication manual of the American Psychological Association. There are several copies available of this guide for check-out in the Psychology Department office. Here are some brief guidelines to follow.

1. Headings. APA style encourages writers to use underlined headings to organize their papers. Examples of headings include those listed below; you can create your own as you see most fit.

Career assessment results

Skills needed

My college program

Educational requirements

2. Formality of writing and diction. Science writing generally does not encourage the use of the first person, "I", when describing facts or research findings. A writer would not say, "I believe that there are 20,000 school psychologists in America." The facts would be stated and cited, as in, "Smith (1996) estimates that there are 20,000 school psychologists in America."

However, when students briefly describe their own interests, they will find it necessary to use the first person. The following is an example of the appropriate, brief use of the first person followed by the appropriate use of the third person.

I am interested in school psychology. I have always enjoyed working with children and feel that I could offer help to children who have lived troubled lives. When I was in junior high the school a psychologist helped me deal with my parents' divorce; she served as a career role model for me.

The DOT (cite source, year) describes school psychology as involving {X,Y,Z} Brown (1995) reports that school psychologists spend much of their time involved in testing, while 40% of their time involves paperwork and documentation.

3. Utilizing sources. Whenever you state a fact or note someone else's opinion, you must cite the source. APA style does not use extensive, direct quotations. Rather, we paraphrase, which means that we state the information in our own words. Then we cite the original source. There is no reason to use a direct quote of an entire paragraph. Instead, restate the information in the paragraph, making sure to give credit to the source. Here is an example of a direct quotation versus a paraphrase.

Direct quotation: "There are approximately 140,000 people who practice psychotherapy in the United States. Psychotherapists can include counseling and clinical psychologists, psychiatrists, mental health counselors and social workers. They can have Ph.D's, Ed.D's, MD.'s, MSW's, and MA's (Brown, 2006, p. 2)." THIS QUOTE IS TOO LONG.

Paraphrase: According to Brown (2006), about 140,000 professionals practice psychotherapy in this country. They have many different titles, including psychiatrist, mental health worker, and clinical and counseling psychologists. Some social workers also practice psychotherapy.

5. Citing sources. As noted above, all information from other sources must be cited in the body of the paper. Typically, a citation includes the last name of the author(s) and the year of publication. Usually a magazine article will have an author; even an internet source usually has an author. Reference list citation of Internet sources must include the author, title, date of publication, website URL and date of retrieval. You can never "over-cite". You can cite the

same author again and again if you use information from the same article in different paragraphs. It is better to cite than to be accused of plagiarism. If sources on the internet are taken from the full text copy of a published article, cite the author, year, name of journal, etc. along with the internet URL and date of retrieval.

6. Reference list. At the end of your paper, your reference list will include a full listing of the author(s), year, title of article/internet title, name of journal/book, volume of journal, and page numbers of the article/chapter in book. A book will also include place of publication and publishing company. You can use the reference list in any psychology textbook as a model for citing sources. Your reference list should have as many sources as are noted in the body of your paper. Sources that you actually cite (not sources that you merely perused) must be listed in your reference list.

Below is a partial reference list for various occupations with a journal article, a book, and an internet source listed. (You may look at these sources for your paper if they are relevant.)

Sample References

Kuther, T.L. (2005). *Your career in psychology: Psychology and the law*. Belmont, CA:

Wadsworth. [This is a book.]

Neimeyer, G.J. (2005). Does the model matter? The relationship between science-practice

emphasis and outcomes in academic training programs in counseling psychology. The

Counseling Psychologist, 33, 635-54. DOI: 10.1177/0011000005277821 [This is a

professional journal article.]

Quiones, M. (no date). How to choose a graduate training program [in I/O psychology].

<http://www.siop.org/gtp/GTPchoose.aspx>. Retrieved January 14, 2008. [This is an online source from a professional website.]

"School Psychology" (no date). http://en.wikipedia.org/wiki/School_psychology. Retrieved

1/15/2011. [This is a non-professional online source.]

7. What you should focus on while writing. Spend time developing your ideas and integrating information from various sources. Make sure that your organization is easy to follow, your grammar is correct, you have not used slang or colloquial language, and you have proof-read your paper.