

psychology@iupui

Guide to Exploring Careers

Note: Request an electronic copy by emailing psyadv@iupui.edu. It will make following the numerous links in this document much easier.

Planning a career is a *process* that, for most people, is ongoing throughout one's life. The job you have when you graduate with your bachelor's degree is not likely the job you'll have 10 years later. Advancement, re-education, and complete about-faces are commonplace. As a psychology major you have extra work to do when it comes to career exploration because the career choices are all over the board. Here are some examples of what some of our recent graduates are doing.

<http://www.psych.iupui.edu/Assets/Undergraduate/CareerOpportunities/Jobs%20Held%20by%20IUPUI%20Psychology%20Alumni.pdf>.

Explore the career possibilities by reviewing these additional web resources.

- IUPUI Department of Psychology <http://psych.iupui.edu/Undergraduate/Career/>
- Psi Chi, International Honorary Society in Psychology <http://www.psichi.org/Pubs/>
- American Psychological Association <http://www.apa.org/careers/resources/index.aspx>
- All Psychology Careers <http://www.allpsychologycareers.com/>

These resources will help you learn more about specific areas of work.

- O*NET <http://online.onetcenter.org>
- Dictionary of Occupational Titles (DOT) <http://www.oalj.dol.gov/libdot.htm>
- Occupational Outlook Handbook (OOH) <http://www.bls.gov/oco/>
- Salary Information <http://www.salary.com>

Graduate with Experience

Whether graduate or professional school, or a job after the bachelor's degree, you can increase your chances of choosing a career that's the best fit for you by "testing the water" before graduation. By gaining targeted experience through **research, part-time jobs, volunteering, or internships** during college, you can experience first-hand what a career and its working environment is like. What experience is best? If you are considering a PhD in psychology, you must get experience in research. If you are considering a Masters degree or a job, you should look at work experiences (jobs, volunteering, internships, service learning, on some areas research) in your area of interest.

The other important aspect of "experience" is gaining skills that are transferable. Transferable skills are areas of development that will transfer from one environment to another such as home, school, work, volunteerism or extra-curricular activities. They can be used in many different environments, such as across occupations, regardless of the type of work. Transferable skills are developed through our experiences and can be emphasized on your resumes and in an interview. See the **Guide to Transferable Skills** for more details.

While working and volunteering in various work settings, use the time wisely. Make connections with others who work in the organization. An easy way to get the ball rolling is to request an informational interview. This is a great way to learn how people got into their careers, what their position and training was like, and insight into the organization they work for. See the **Guide to Informational Interviews** for guidance on how to conduct this type of interview.

The RISE to the IUPUI Challenge encourages undergraduate students to include into their bachelor's degree program at least two RISE experiences in **R**esearch, **I**nternational Study, **S**ervice or **E**xperiential Learning. After successful completion of at least two of the four possible experiences, a notation will be placed on your official transcript recognizing this milestone.

Where to Find Useful Experiences

Work-Study Job: This is a federally subsidized program designed to provide part-time employment to students who need income to help meet costs of education. To determine if you are eligible for work-study, you must complete a Free Application for Federal Student Aid (FAFSA) and indicate interest in work-study. The university will determine a student's eligibility and notify the student in their financial aid package. There are often work-study jobs available on and around campus in many different areas.

Check out: <http://www.jagjobs.org/> and <http://sciencecareers.iupui.edu/>.

Part-Time Job: For students who are looking to earn money while gaining experience, a part-time job is the optimal place to start. Part-time jobs are a great way to gain practical skills, experience different work environments, and meet individuals who can provide you with valuable information.

Check out: <http://www.jagjobs.org/> and <http://sciencecareers.iupui.edu/>.

Volunteering and Service Learning: Many organizations in our community are eager for volunteers to help carry the heavy loads, especially in nonprofit organizations. Participating in community service provides student with the opportunity to give time and energy towards meeting human needs, while learning about themselves, the community and the world in which we live. Benefits of volunteering are numerous and include meeting new people, learning new skills, finding new challenges, building a better society, and enhancing the job search. Service Learning has the added benefit of helping students integrate classroom learning into the service they are providing in the community. Many employers are impressed by volunteer and service learning work and like to have employees who are active in their communities.

Volunteering Resources:

- The Rainbow Book can help you identify local human and social service agencies (available in the Psychology Advising Office).
- Psychology Club and Psi Chi (office is in LD 124)
- The Office of Community Service <http://csl.iupui.edu/OCS/4b1.asp>
- Google search "Volunteer in Indianapolis" (or city of your choice)
- Help Indy Online: <http://www.helpindyonline.com/>
- Volunteer Match: <http://www.volunteermatch.org/>

Service Learning Resources:

- IUPUI Center for Service and Learning <http://csl.iupui.edu/>
- Course listing for Service Learning classes at IUPUI http://registrar.iupui.edu/exp_service_learning.html

Job Shadow or Externship: A job shadowing experience or externship allows you to spend a few hours to a few days observing a professional on the job. A job shadowing/externship experience can provide a student with a "real-world" look at the occupation or career they may be considering. There is no limit to how many of these experiences one has. The more you do the more people you will get to know and the more you learn about your career of interest in very specific settings.

- Family, friends and alumni (and associates of family, friends and alumni) are great resources for finding job shadow or externship opportunities.
- Angie Carlen, Experiential Learning Coordinator is coordinating externships with students year round. However, there are structured programs offered during fall and spring break annually. <http://uc.iupui.edu/students/career/externships.asp>

Internship: An internship can come in a variety of formats including paid, unpaid, for credit, not for credit or some combination of both. Typically an internship is a semester or summer long experience that is structured and offers experience beyond clerical duties. Recruiters usually look for students with some experience in the field in which they will be working. Internships are great networking opportunities which often lead to future employment opportunities.

- Science Careers – <http://sciencecareers.iupui.edu/>
- JagJobs – <http://www.jagjobs.org/>
- University College Internship Information – http://uc.iupui.edu/students/career/internships_sites.asp
- Indiana Intern Net – <http://www.indianaintern.net/>
- Indiana Career Connect – <http://www.indianacareerconnect.com/>
- Non-Profit Careers/Internships – <http://www.idealists.org/>
- College Grad <http://www.collegegrad.com/internships/>
- The Journey.org – youth based opportunities – <http://www.thejourneyonline.org>

Undergraduate Research: Research is practically a requirement for students who wish to pursue an advanced degree in the field of psychology or other health professions. Graduate programs look for experience in conducting and presenting research.

- Several faculty in the psychology department have active research labs in which undergraduate students work. Students should be encouraged to talk with their instructors and seek referrals from their academic advisor or peers. <http://www.psych.iupui.edu/Research/>
- Center for Research and Learning supports a number of different research programs and resources for undergraduates. <http://crl.iupui.edu/>
- Life-Health Sciences Research Internship – <http://www.grad.medicine.iu.edu/applyforlhsi>
- Undergraduate research conferences in central Indiana are popular options for student researchers seeking presentation experience.

Study Abroad: An international experience can be very enriching. Student who experience another part of the world have an opportunity to gain many benefits like a new global perspective, a broader multicultural perspective and knowledge of different languages and culture.

- IUPUI Study Abroad <http://abroad.iupui.edu/>

Practicum: The Psychology Department has two practicum options that also satisfy the capstone for students pursuing the BA degree in psychology. A practicum offers students an opportunity to get real world experience in a very structured work environment while offering parallel learning in the classroom.

- Capstone Practicum in Clinical Psychology (B482)
- Capstone Practicum in Industrial Organizational Psychology (B462)

Teaching Assistant, Peer Advisor, and Mentor: These roles provide students with a great opportunity to guide students through academic issues. Teaching, advising, and mentoring are great skills that are transferable to many different settings.

- Professors usually recruit teaching assistance from the students who do well (usually an A) in their courses. If you have done well in a course and want experience in the classroom, talk to your instructor about TA opportunities.
- Peer Advisors are recruited each spring for the following academic year during early registration to staff the Psychology Advising Office. Students receive extensive training on career and academic advising skills and resources.
- Mentors are available to help students who are struggling in certain courses. Bepko Learning Center employs and trains numerous mentors across campus, <http://uc.iupui.edu/learningcenter/mentors.asp>.