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.

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.

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 to 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.
### PSYCHOLOGY MAJOR TO CAREER MAP

#### 1st PHASE

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

#### 2nd PHASE

| 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. |

#### 3rd PHASE

| 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. |

#### 4th PHASE/FINAL YEAR

| PSYN 316 or PSYN 426, AND PSYN 372, AND PSYN 374 | Check in with your PACT Mentor to ensure all course requirements are met. 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. |

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### 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.

#### 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.
- 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!

#### 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
- Apply what you have learned in a leadership role in an organization.
- Help organize events, fundraising efforts, volunteers, budgets and other resources.
- Make an Honor Society such as Psi Chi and get involved.
- Apply to jobs or higher education programs or make other plans. Do not wait until after graduation!

### DEGREE OPTIONS

#### Bachelor of Science in Psychology Additional Academic Opportunities:

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### 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

#### Media, Marketing & Communications

- Communications & Broadcasting
- Corporate Communications
- Marketing
- Public Relations

#### Accounting, Finance & Business

- Business Management
- Corporate Finance
- Human Resources
- People Operations/Talent

#### Health & Wellness

- Administration & Support Services
- Community Health Services
- Corporate Wellness
- Health Promotion/Exercise
- 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