

Life after Fourth Year

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1

agenda for this session

- **what do you want to do?**
 - questions to consider
 - career options
 - sources of guidance and advice
- **how do you get to what you want to do?**
 - outline a longer-term plan
 - questions to consider
- **what do you need to do for the next step?**
 - outline short-term goals & deadlines
 - questions to consider
 - things (not) to do
- **parting thoughts**

2

what do you want to do?

3

questions to consider

- What have you enjoyed most in your studies?
 - What type of questions and/or problems do you want your work to focus on?
 - What type of impact do you want your work to have?
 - What sorts of activities do you want your work to include?
 - What type of setting do you want to work in?
 - What type of work are you suited for? (be honest...)
- **try to make informed and mindful choices**
→ **try to ignore external pressures**
(e.g., family expectations, status concerns)

4

career options

psychologist

- **different areas of specialisation:**
 - clinical, clinical neuro, counseling, health, organisational, sport & exercise...
 - **national registration** is needed to practice as, or call yourself, a psychologist
 - **registration requirements** after 4 year degree:
 - 2 years of supervised practice **or**
 - accredited postgraduate degree in psychology
 - Masters = 2 years, Professional Doctorate = 4 years
- **postgraduate training requires research thesis**
→ **explore the different areas of specialisation**

5

career options

psychologist – postgrad programs at UQ

- **clinical psychology**
 - Master of Clinical Psychology
 - Professional Doctorate: clinical / clinical neuro / clinical gero
 - **counselling psychology**
 - Master of Applied Psychology - counselling
 - **organisational psychology**
 - Master of Organisational Psychology
 - **sport & exercise or health psychology**
 - Master of Applied Psychology – s&e or health
- **additional programs available elsewhere**

6

career options

related helping professions

- **different areas of specialisation:**
 - counselling, social work, occupational therapy, education...
 - **different disciplinary perspectives**, typically broader than the individual-level analysis in psychology
 - requires a **2 year Masters degree** to practice
 - can apply with a Bachelors degree in Psychology
- **may not require research thesis**
→ **these options may be a good match for your interests and career goals**

7

career options

related helping profs. – postgrad programs at UQ

- **Master of Counseling**
 - offered by School of Social Work & Human Services
 - www.uq.edu.au/swahs
- **Master of Social Work**
 - offered by School of Social Work & Human Services
 - www.uq.edu.au/swahs
- **Master of Occupational Therapy**
 - offered by School of Health & Rehabilitation Sciences
 - www.shrs.uq.edu.au

→ **additional programs available at UQ & elsewhere**

8

career options

research & evaluation

- **academic research** at universities & institutes
- **government policy & planning**
 - policy development & program evaluation
- **applied research**
 - public opinion polling, market research, etc.
- **Bachelors degree** may be sufficient for 1st position...
- ...but will need a **Masters degree or PhD** to advance
 - can apply with a Bachelors degree in Psychology
 - PhD: Honours degree required
 - PhD can be combined with Masters to get registration

9

career options

research & evaluation – postgrad programs at UQ

- **PhD in Psychology** including topics in:
 - biological, clinical, cognitive, counselling, developmental, health, neuroscience, organisational, sport & exercise, social
 - www.psy.uq.edu.au/future-students/postgraduate/rhd/
- **Master of Governance & Public Policy**
 - offered by School of Political Science & International Studies
 - www.polsis.uq.edu.au
- **Master of Science - Statistics**
 - Offered by School of Mathematics & Statistics
 - www.smp.uq.edu.au

→ **additional programs available at UQ & elsewhere**

career options

other directions

- **advertising**
- **human resources**
- **management & business administration**
- **Bachelors degree** may be sufficient for 1st position...
- ...but will likely need a **Masters degree** to advance
 - can apply with a Bachelors degree in Psychology

11

career options

other directions – postgrad programs at UQ

- **Master of Business**
- **Master of Business Administration**
- **Master of Commerce**
- **Master of Project Management**
- **Master of Technology & Innovation Management**
 - offered by the UQ Business School
 - www.business.uq.edu.au

12

sources of guidance & advice

Australian Psychological Society (APS) I

- information about **what psychologists do**, focusing on the following areas of speciality:
 - Counselling Psychology
 - Clinical Psychology & Clinical Neuropsychology
 - Community Psychology
 - Educational & Developmental Psychology
 - Forensic Psychology
 - Health Psychology
 - Organisational Psychology
 - Sport & Exercise Psychology
- <http://www.psychology.org.au/studentHQ/careers-in-psychology/>

13

sources of guidance & advice

Psychology Career Quiz

- helps you learn **which psychology careers are the best matches** for your interests and personality
- 10 multiple-choice questions
- provides info about different types of psychologists:
 - what they do & where they work
 - how much they earn
 - what training is needed
 - Job outlook
- <http://psychology.about.com/library/quiz/bl-psychologycareerquiz.htm>

14

sources of guidance & advice

Australian Psychological Society (APS) II

- information about **other careers with an undergraduate psychology degree**, focusing on:
 - Community Services & Counselling
 - Business
 - Education
 - Health Services
 - Protective Services
 - Graduate Programs
 - Generalist management
 - Human resources
- <http://www.psychology.org.au/studentHQ/careers/other-careers/>

15

sources of guidance & advice

Mini Career Explorer

- **covers broad range of work interest areas:**
 - analytic or scientific
 - creative or artistic
 - helping or advising
 - nature or recreation
 - organising or clerical
 - persuading or service
 - practical or mechanical
- offers basic information about many occupations
- <http://www.myfuture.edu.au> → Mini Career Explorer link

16

sources of guidance & advice

individuals and networks

- **people from our School**
 - academic & professional staff
 - postgraduate students
 - alumni
- speakers in the **4th year Brown Bag lunch series**
- **APS student & professional networks**
- **family, friends, acquaintances...**

→ **cast as wide a net as possible**

17

how do you get to what you want to do?

18

outline your longer-term plan

- what are the **education requirements** for your chosen career?
 - if multiple options are available (e.g., Masters or Professional Doctorate), which one is most relevant to the type of work that you want to do?
- what are the **training requirements** for your chosen career?
 - e.g., supervised practice, training programs
- **when** do you need to complete these requirements?
 - can you start work in your chosen profession without these requirements?

→ **develop a longer-term plan (2 → 5 years) to get to your chosen career**

19

questions to consider

- How **competitive** is entry to the education/training programs? Are you likely to gain entry?
 - If not, you may want to consider a similar career path with fewer / less competitive requirements
- Do the education/training requirements for this career **fit with your interests and goals**?
 - If not, you may find it tough to complete them
- Do the education/training requirements for this career **fit with the other responsibilities in your life**?
 - If not, how can you make room for them?
- What sort of **timeline** do you want to follow?
 - It's okay to take breaks along the way

→ **try to make informed and mindful choices**

20

what do you need to do now?

21

set short-term goals & deadlines

- **hone in on the first step** in your longer-term plan: this is what you will focus on during 4th year
- for nearly everyone, this first step will involve **applications of some kind**:
 - postgraduate program
 - organisation's training / internship program
 - job
- identify **application requirements** and **deadlines**
- set **mini-goals** and **interim deadlines** for:
 - drafting each part of the application
 - revising each part of the application

22

questions to consider

- Do you know how to complete every part of the application? If not, get help!
 - How can you highlight your strengths & suitability for the position in the application materials?
 - How can you communicate your passion for this career in the application materials?
 - How can you best frame your weaknesses in the application materials?
- **get advice to help develop your application**
→ **get feedback on drafts of your application**

23

things to do

- **apply for many, many programs / jobs**
 - typically more qualified applicants than positions
 - different rules compared to Bachelors/Honours entry
 - do not assume that you are guaranteed entry
- get **lots of advice and feedback** on several drafts of your application (worth saying twice)
- **be organised** – keep track of the materials for your various applications
- **meet all deadlines** – extensions will not be granted

24

things to do

- **choose your referee-report/letter writers carefully**
 - **academic staff** who have personally read / marked your work (e.g., thesis supervisor, seminar instructor)
 - **work supervisors** who can comment on the skills/qualifications required for the position
- **give letter-writers lots of time to complete the task**
 - **minimum 3 weeks**
- **make things easy for letter-writer by providing:**
 - **a list of all applications**, with deadlines and submission instructions
 - **addressed & stamped envelopes** (if relevant)
 - **solid draft of application materials**

25

things not to do

- do not submit **incomplete or hastily prepared applications**
 - make the time to do this properly
- do not apply for programs/positions **unless you meet all the application requirements**
 - if you do not meet all requirements, address this before submitting your application
- do not apply for a program/position **unless you are seriously considering that career path or job**
 - why take a position away from someone else who really wants to be there?
 - why waste your letter-writers' time?

26

parting thoughts

27

it's all happening *now*

- **deadlines will come up in the next few months:**
 - March-May: organisations' training schemes
 - September-December: postgraduate programs
- developing & revising **competitive application materials** can take 1-2 months...
- ...and that's **after** you have spent some time carefully choosing a career path
- **start ASAP: block out time each fortnight** for career planning
- or else you will be stressed later in the year, and may end up with hastily-prepared application materials

28

go forth with confidence

- it is unlikely that you will succeed at everything...
- ...but it is also unlikely that you will fail at everything
- as a psychology graduate, **you have a lot to offer:**
 - skills in quantitative methodology & statistics
 - knowledge about human behaviour
 - critical thinking and planning skills
- and you are all **smart and motivated** individuals

work hard, work smart, make use of helpful advice and feedback, be open to unexpected opportunities

do your best and enjoy the ride!

29

questions?

30