
Opportunities from UQ Psychology

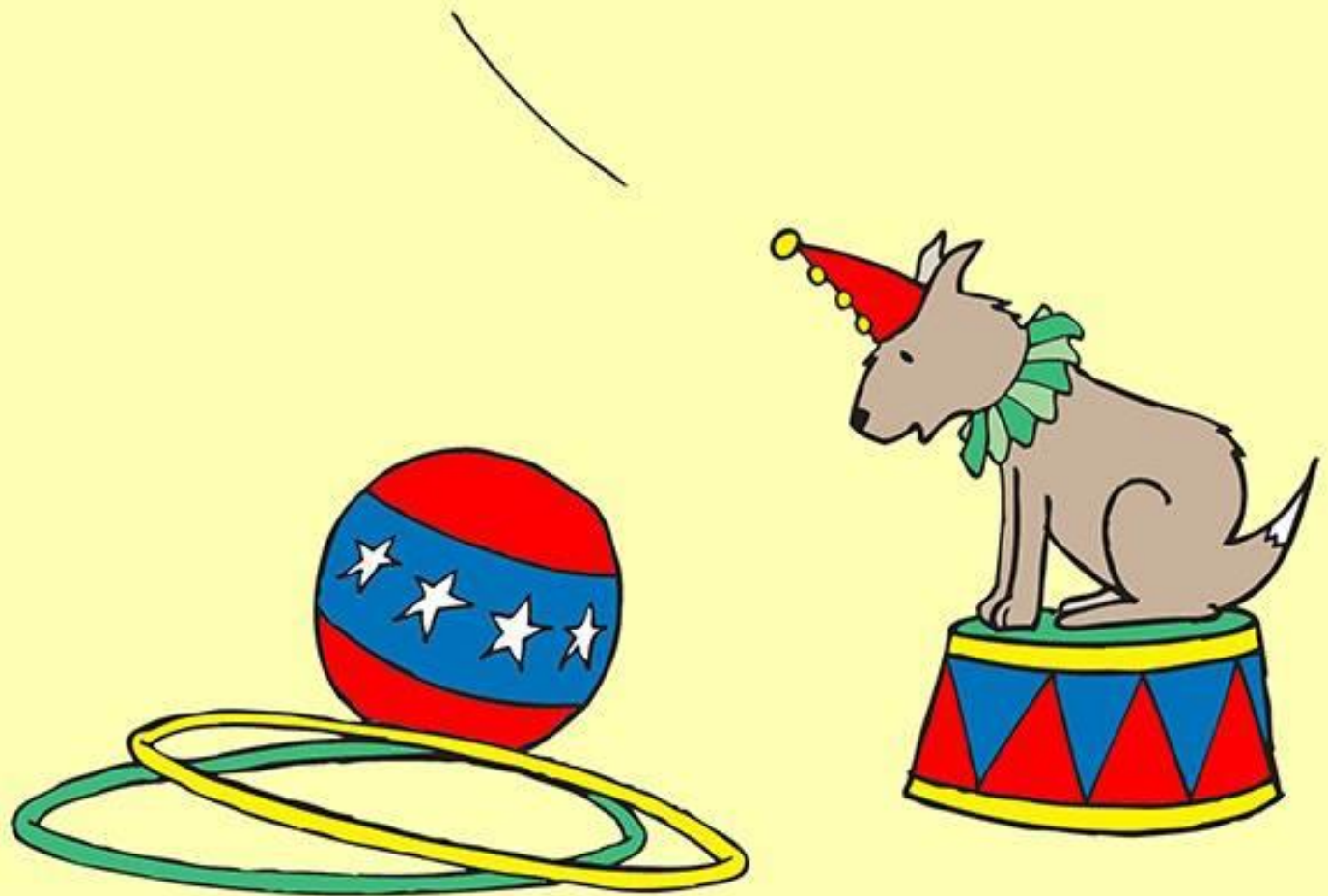
Sourcing practical opportunities to complement your Psychology degree



Practical Career Planning

- Why am I here?
- Emphasis on knowing what you want to do
- What are Employers looking for from graduates?
- Gain skills and experience
- Hunting opportunities
- What should I focus on during an opportunity?

I'M PRETTY HAPPY WITH THIS JOB,
BUT THEY'RE MAKING ME JUMP
THROUGH A LOT OF HOOPS BEFORE
I CAN CLIMB THE LADDER.



What do employers want?

Did you demonstrate in your responses?

Technical skills:

- You have the technical skills required for the position advertised
- You have more than required technical skills or capacity to attain them for advancement in company

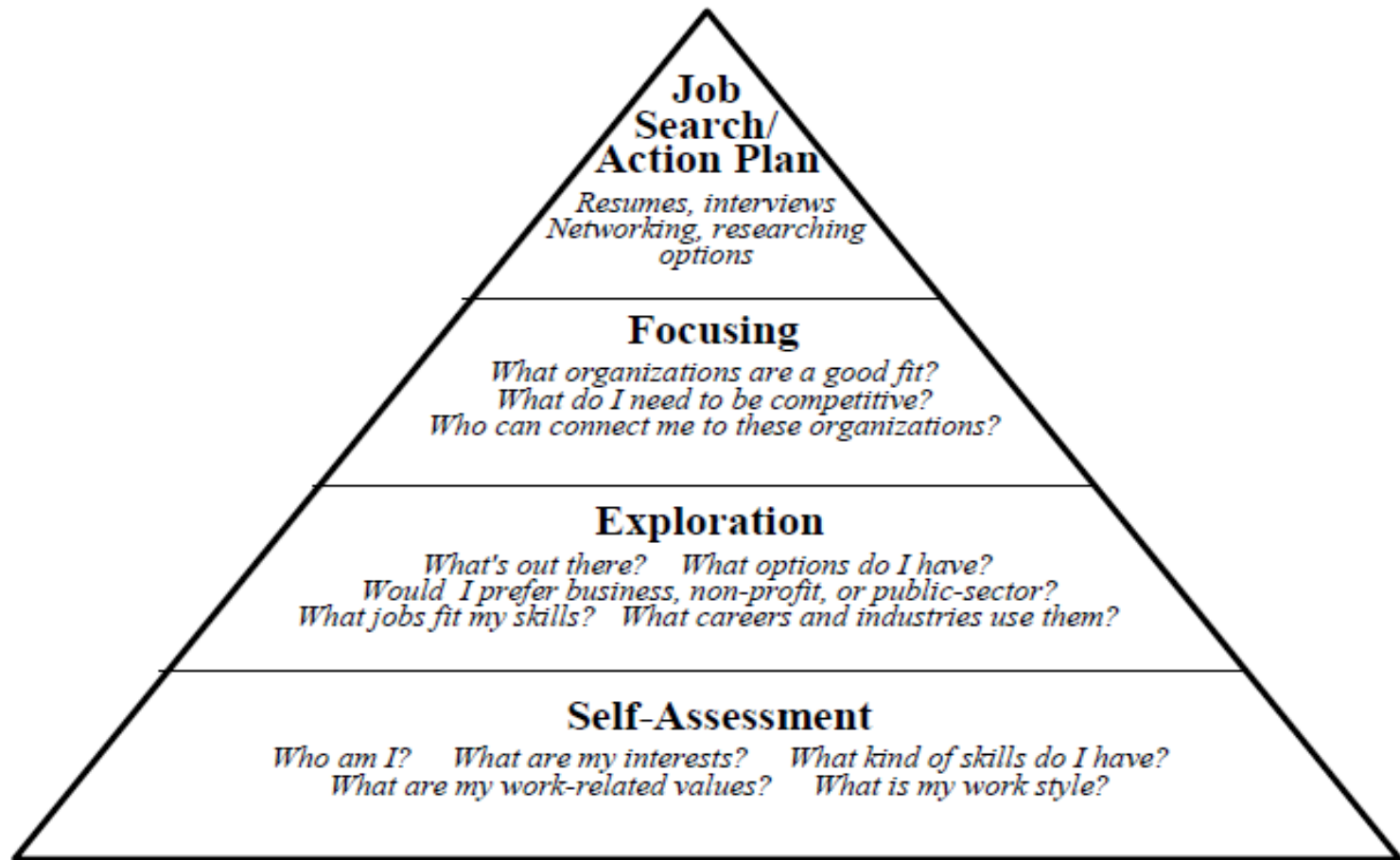
The 7 secrets of a Successful Applicant

1. **Confidence** in yourself and your unique skills/ attributes
2. Well developed **interpersonal skills** with the ability to form relationships
3. Excellent **communication skills** to promote and transfer your expertise
4. A genuine **interest in your role** or industry with a sound understanding of industry needs
5. History of **personal/professional development** aided by exposure to challenging situations
6. Graduate **professional skills** such as problem solving, critical analysis, time management & ability to work autonomously
7. **Mature work ethic**; positive attitude, motivated, flexible, approachable, adaptable to change and leadership skills

The Opportunities are endless....



The Career Planning Process: How do I start?



Narrowing it down

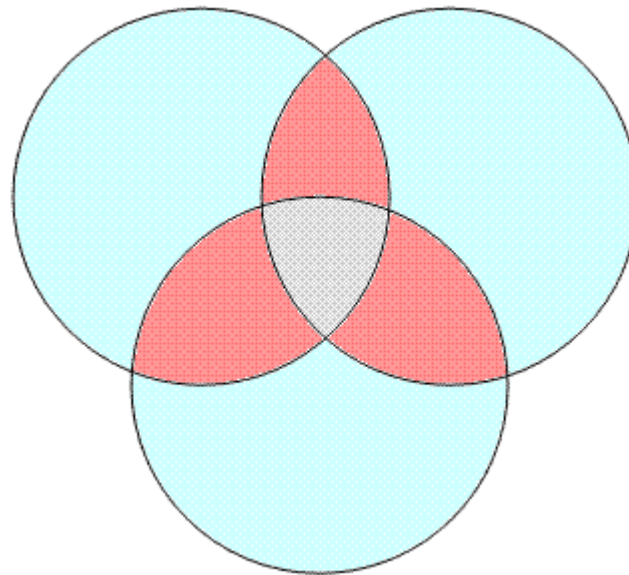
- Just start – don't wait
- Reflect
- Access
- Define a goal
- Plan – work backwards

Which project should you apply for? Don't limit yourself

decision
making



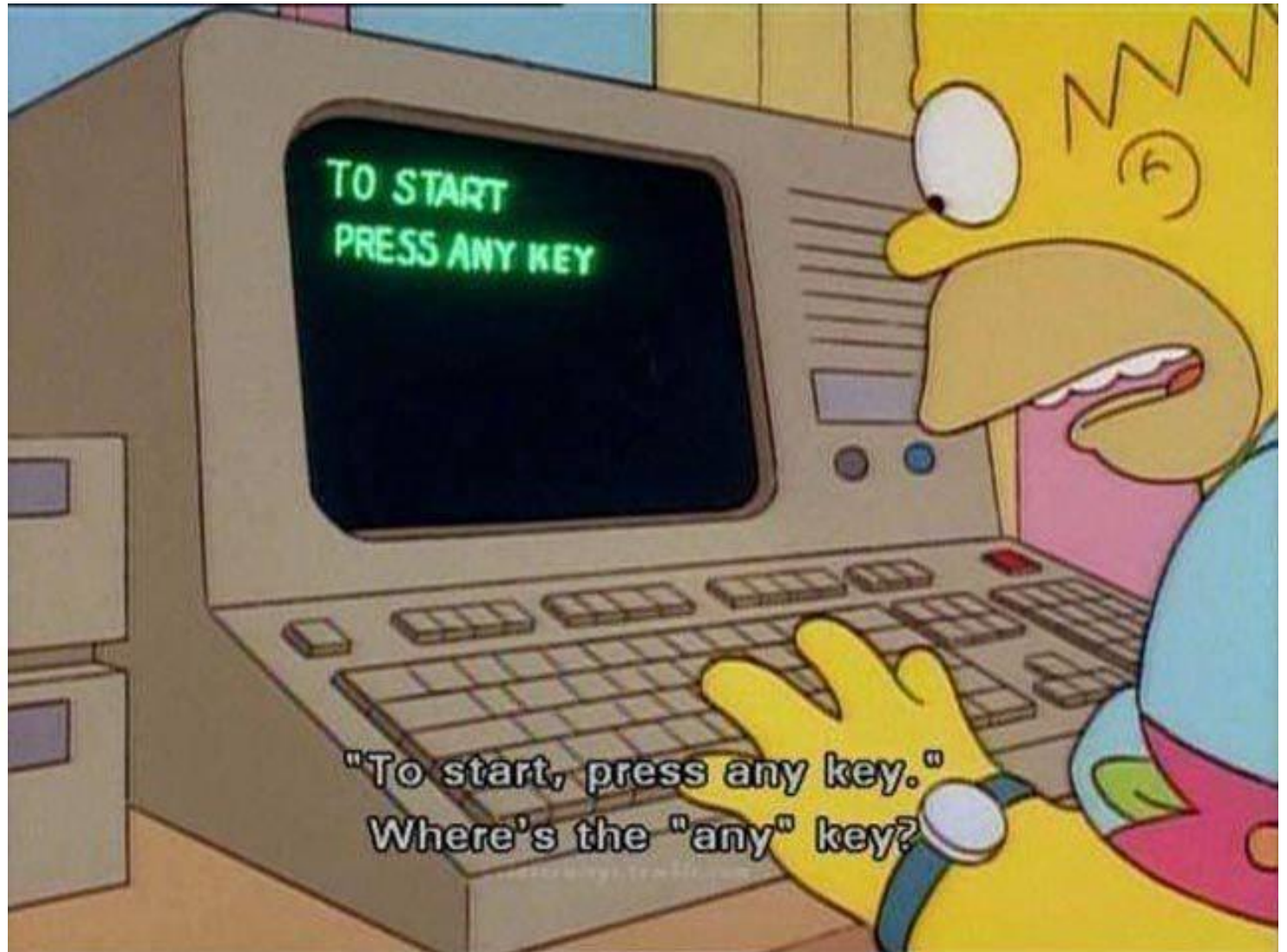
What experiences would be an advantage?



Gain experience with Purpose

	Communication Skills	Organisation Skills	Teamwork/supervisor	Client support	Strengths/weakness	Technical	Achievement
University							
Experience							
Extra-curricular							

Volunteering....a time to practice in a safe space



Make the most out of your opportunity

Create professional networks

Identify organisations of interest

Get a professional Referee

Hands on professional experience

Find out about other opportunities (including paid)....

How? Go one step further:

<https://vimeo.com/86268031>

So, what now?

Ideas/Dreams

What do you want, regardless of how farfetched

Plans

How could I get as close as possible to my dream?

What tools and strategies do I need?

Actions

What action do you need to take now, to achieve this later?

Step 1, 2, 3?

Support on campus – UQ Careers

Questions?

**BE BRAVE.
TAKE RISKS.
NOTHING
CAN SUBSTITUTE EXPERIENCE**

- Paulo Coelho