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?

**Self-Assessment**
- Who am I?
- What are my interests?
- What kind of skills do I have?
- What are my work-related values?
- What is my work style?

**Exploration**
- What's out there?
- What options do I have?
- Would I prefer business, non-profit, or public-sector?
- What jobs fit my skills?
- What careers and industries use them?

**Focusing**
- What organizations are a good fit?
- What do I need to be competitive?
- Who can connect me to these organizations?

**Job Search/Action Plan**
- Resumes, interviews
- Networking, researching options
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
What experiences would be an advantage?
Gain experience with Purpose

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<th>Communication Skills</th>
<th>Organisation Skills</th>
<th>Teamwork/ supervisor</th>
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<th>Strengths/ weakness</th>
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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