

# PSYC 0102 - NAVIGATING PSYCHOLOGY: THE MAJOR AND CAREERS

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## Catalog Description

Prerequisite: Completion of PSYC 100 with grade of "C" or better  
Hours: 18 lecture

Description: Provides an overview of the discipline of psychology, including expectations for the psychology major, and career options in various areas, such as academic psychology, applied behavior analysis, counseling and mental health, education, industrial-organizational psychology and related fields. Students design plans of study and clarify their career goals through activities such as interviewing a professional in the field of psychology, resume writing, and interviewing. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Compare and contrast preferred career paths based on accurate self-assessment of abilities, achievement, motivation, and work habits.
- CSLO #2: Evaluate the types of academic experience and application in psychology and the liberal arts that will facilitate entry into the work force, post-baccalaureate education, or both.
- CSLO #3: Apply knowledge of psychology (e.g., decision strategies, life span processes, psychological assessment, types of psychological careers) to formulating career choices.

## Effective Term

Fall 2022

## Course Type

Credit - Degree-applicable

## Contact Hours

18

## Outside of Class Hours

36

## Total Student Learning Hours

54

## Course Objectives

1. Outline, describe, and explain different career pathways within psychology.
2. Explore and identify personal career goals.
3. Compare academic programs related to personal career goals.
4. Develop a student educational plan for transfer (MAP).
5. Develop a curriculum vita (resume) and cover letter.
6. Examine different interview styles and formats for a variety of entry-level positions.
7. Explore and identify psychology-related resources for networking purposes.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: Students will complete a brief psychology career interest inventory in class, then break into small groups to discuss their individual results. Each group will submit a worksheet, in which they will identify pros and cons of various career paths in psychology (e.g., salary, hours, years of education required, etc.). Students will be graded based on participation/non-participation on this discussion.
- Essay Examinations
  - Example: In 2-3 paragraphs, compare and contrast the career choices of clinical psychologist and MSW (Master's of Social Work). Discuss the required education, job duties, populations served, typical salary, and potential work places for both. Rubric Grading.
- Objective Examinations
  - Example: ALL of the following are tips for acing interviews according to your textbook EXCEPT: a) answer questions in a clear and positive manner b) never speak negatively about former employers or colleagues c) it is better to be calm and neutral than enthusiastic during the interview d) when discussing salary, be flexible
- Projects
  - Example: Create a resume describing your current academic record, work history, and skill set, using one of the formats provided by the instructor. This assignment will be graded using a rubric for content and mechanics.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Using a slide lecture presentation, the instructor will outline strategies for choosing a major and career. Discuss Holland's Personality Types and how these relate to different career options. Have students break up into pairs and share their results from the Holland Personality Type CheckList that they completed prior to class. Do they agree with the results they obtained? Do the career suggestions align with their own career aspirations at this time?
2. Using a slide lecture presentation, the instructor will provide guidelines for preparing curriculum vita or resumes, including what information to cover, what format to use, and how to avoid common

pitfalls. After lecture, assign students to small groups and have them evaluate sample resumes, using a rubric created by the instructor.

#### Distance Learning

1. Using LMS, post a lecture with narration on counseling and clinical psychology careers. Require that students read the corresponding chapter in their textbook. Post a short video "Psychology Degrees and Career Trends for Psychology Majors." Then have students participate in an online discussion board with the following prompt: Given what you have learned this week on careers in counseling and clinical psychology, start one thread and reply to at least two other students' threads on the following topic: Compare and contrast the different career opportunities. Which areas appear to have predicted growth in the future? What are pros and cons of various careers?

- Careers in Psychology: Opportunities in a Changing World
  - Author: Kuther, Tara and Morgan, Robert D.
  - Publisher: Sage Publications
  - Publication Date: 2019
  - Text Edition: 5th
  - Classic Textbook?:
  - OER Link:
  - OER:

## Other materials and-or supplies required of students that contribute to the cost of the course.

## Typical Out of Class Assignments

### Reading Assignments

1. Go to <http://www.careersinpsychology.org> and read the article "The 50+ Best Jobs for Psychologists." Be prepared for an in-class discussion on different career options.
2. Read the chapter in Kuther's "Careers in Psychology: Opportunities in a Changing World." On page 11, take the "Which Holland Personality Type Do You Match?" quiz, and analyze your results. Bring these results with you to class for a small group discussion.

### Writing, Problem Solving or Performance

1. Profile of Goals: The purpose of this assignment is to encourage you to think of the reasons for your interest in psychology. Submit a 2-3 page paper, double-spaced and typed, on what attracted you to the discipline of psychology, what specifically you plan to study, how you plan to prepare yourself in your undergraduate years, and what career plans you are considering for the future.
2. Educational Plan: The purpose of this assignment is to create a MAP (My academic plan) for earning a degree in psychology and also to plan for future work/internship/research experience that will help you reach your academic and career goals. Following the guidelines presented in class, and incorporating feedback during your individual meeting with the instructor, create a MAP for earning your AA-T degree at Sierra. Then research potential transfer schools that offer psychology programs that fit your interests and future career goals. Summarize three potential undergraduate programs that you are considering for transfer. What features of these programs make them a good fit for transfer? what specific faculty share your academic interests?

## Other (Term projects, research papers, portfolios, etc.)

Create a curriculum vitae, using one of several formatting models, that describes your educational and occupational achievements to date.

## Required Materials

- The Psychology Major's Handbook
  - Author: Kuther, Tara
  - Publisher: Cengage Learning
  - Publication Date: 2016
  - Text Edition: 5th
  - Classic Textbook?:
  - OER Link:
  - OER: