



SALEM STATE UNIVERSITY
CAREER SERVICES

PSYCHOLOGY

MAJOR CAREER GUIDE

TABLE OF CONTENTS

ACADEMIC INFORMATION	3
WHAT CAN I DO WITH MY MAJOR?	3
PROFESSIONAL ASSOCIATIONS	3
INFORMATIONAL INTERVIEWING	3
JOB SHADOWING	3
VOLUNTEERING	3
ADDITIONAL RESOURCES	3
SAMPLE RESUME	4
SAMPLE COVER LETTER	5
SAMPLE COMPANY LIST	6

ACADEMIC INFORMATION

Follow this link to the Salem State University School of Education home page. Here you will find program information, degree options, course listings, licensure information, events information and much more:

<https://www.salemstate.edu/academics/college-arts-and-sciences/psychology>

WHAT CAN I DO WITH MY MAJOR?

Are you a Psychology major or are you considering psychology as a major? Follow the link below to the “What Can I Do With My Major?” resource on the Salem State University Career Services web site:

<https://elearning.salemstate.edu/courses/939337/pages/what-can-you-do-with-your-major>

PROFESSIONAL ASSOCIATIONS

As in any profession, staying connected to professionals in your field is vital. Below are links to professional associations for professionals in the field of psychology. Stay up to date with industry trends, connect with fellow psychology professionals and utilize resources for job searching:

[American Psychological Association](#)

[Society of Counseling Psychology](#)

[Association for Psychological Science](#)

[American Counseling Association](#)

[National Board for Certified Counselors](#)

[American Association for Marriage and Family Therapy](#)

[Society for Human Resource Management](#)

[Association for Applied Sports Psychology](#)

[National Association of School Psychologists](#)

INFORMATIONAL INTERVIEWING

Informational interviewing is a method of gathering information about career options, industries and employers. It is an opportunity to learn about a particular job from someone already in the field. It is *not* a job interview, but it can help you learn about job opportunities and build your network for when the job search comes. This is an ideal chance to help you gain a more thorough understanding of a particular industry or job. It's also a great way to determine “is this what I want to do?” and to learn about different paths others have taken to get where they are.

JOB SHADOWING

An additional option you may want to consider to obtain information about your industry of choice is job shadowing. Job shadowing is an opportunity to step into the life of a professional in your field while they are working. Typically, job shadow experiences will last anywhere from one day to one week. Much like an informational interview, this is your opportunity to see firsthand what a “day in the life” of a professional is like.

VOLUNTEERING

Volunteering is another great way to learn about what to expect when working in your industry. Similar to a job shadow, you will be able to see a “day in the life” of a professional while also contributing some of your own skills or services. Volunteering can give you a chance to gain new expertise and help you narrow down your specific interests in the field. Follow the links below to help you identify current volunteer opportunities:

<http://volunteer.nsuw.org/>

ADDITIONAL RESOURCES

APA Training and Education Documents

- <http://www.apa.org/ed/resources/index.aspx>

SAMPLE RESUME

FREDDIE FREUD

66 Cognitive Distortion Street, Salem, MA 01970
978-555-2222 / ffreud@salemstate.edu

EDUCATION:

Bachelor of Science in Psychology

Salem State University, Salem, MA

GPA: 3.2

August 20XX

RELEVANT COURSEWORK:

- Death, Dying, and Bereavement
- Developmental Psychology
- Environmental Psychology
- Adult & Old Age
- Infancy through Adolescence
- Theories of Motivation
- Research Methods

EXPERIENCE:

Care Assistant

January 20XX- May 20XX

Peabody Council on Aging, Peabody, MA

- Completed assessments on client's social history
- Aided clients who required ambulatory assistance
- Coordinated activities to promote appropriate physical activity
- Encourage participation in activities to aid in optimal mental health

Psychology Tutor

September 20XX- May 20XX

Learning Center, Salem State University, Salem, MA

- Provided tutoring support for psychology students
- Introduced organization strategies for papers
- Worked with students to enhance understanding of material
- Encouraged brainstorming to aid students in generating ideas

Summer Conference Assistant

May 20XX- September 20XX

Residence Life, Salem State University, Salem, MA

- Provided customer service by answering questions about the North Shore area
- Created bulletin boards and prepared dorms for the fall semester
- Monitored people coming in and out of the building
- Implement programming to foster a sense of community among residents

AFFILIATIONS:

American Psychological Association, Undergraduate Student Affiliate

COMPUTER SKILLS:

Macintosh, PC, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, HTML, SPSS

SAMPLE COVER LETTER

FREDDIE FREUD

66 Cognitive Distortion Street, Salem, MA 01970
978-555-2222 / ffreud@salemstate.edu

August 29, 20XX

Eric Erickson
Marblehead Town Senior Day Center
10 Psychosocial Avenue
Marblehead, MA 01945

Dear Mr. Erikson:

I am applying for the position of Elder Assistant that was referred to me by Dr. Alan Johnson, from Salem State University's psychology department. As my resume indicates, I recently worked with the Peabody Council on Aging to encourage senior citizens to engage in activities that promoted health and well-being. I was also able to develop new and creative ways to engage them with their peers while working in the Care Assistant role. I have completed my Bachelor of Science in Psychology from Salem State University, during which I took courses specifically relating to the elderly population. As a result of my education and experiences, I believe that I am a qualified candidate for the Elder Assistant position.

Dr. Johnson mentioned that you have a need for someone who has experience in ambulatory care. While working at the Peabody Council on Aging, I was able to provide assistance to senior citizens with managing their diabetes or asthma. As a result of my work in Residence Life at Salem State University as a Summer Conference Assistant, I have developed a level of patience and customer service needed to succeed in this type of role. In one scenario, I was forced to use quick problem solving skills when a resident requested an accommodation that I could not provide. By using a combination of my problem solving skills and knowledge of human behavior, I was able to facilitate a mutually workable solution. My strong organizational and communication skills will also be a benefit while working in the Elder Assistant position at the Marblehead Town Senior Day Center.

As a valuable resource for the senior population in Marblehead, the Senior Day Center provides a necessary and important service. As an Elder Assistant, I would be able to use my past experience to help allow all seniors enjoy the many recreational and educational activities this organization has to offer. I appreciate your time and look forward to talking with you further about the position of Elder Assistant. I welcome the opportunity to further discuss my qualifications and thank you for your consideration.

Sincerely,

Freddie Freud

SAMPLE COMPANIES

BAY COVE HUMAN SERVICES
FEDERAL BUREAU OF PRISONS
KIRBY FORENSIC PSYCHIATRIC CENTER
MOUNT AUBURN HOSPITAL
NEEDHAM PUBLIC SCHOOLS
SAFE HORIZON
SOUTH BAY COMMUNITY SERVICES