

## **Psychology Major Overview:**

A psychology major focuses on the study of human behavior, emotions, cognition, and mental processes. The field combines research, theory, and practical applications to understand individuals and groups, and it is applicable in a wide range of settings. Psychology students learn about various subfields, such as clinical, cognitive, developmental, and social psychology. The major provides a foundation for careers in health, social services, education, business, and research.

## **Typical Industry Sectors:**

1. Healthcare and Mental Health
2. Education and Academia
3. Business and Human Resources
4. Social Services and Nonprofits
5. Research and Data Analysis

## **10 Sample Entry-Level Job Titles:**

1. Research Assistant
2. Behavioral Health Technician
3. Human Resources Coordinator
4. Mental Health Counselor (with certification)
5. Social Services Assistant
6. Case Manager
7. Psychiatric Technician
8. Customer Service Representative (with psychology background)
9. School Counselor (with certification)
10. Wellness Coach

## **5 Hard Skills:**

1. Statistical Analysis
2. Psychological Testing and Assessment
3. Data Collection and Research Methodology
4. Cognitive Behavioral Therapy Techniques (for clinical settings)
5. Report Writing and Documentation

## **5 Soft Skills:**

1. Empathy
2. Communication
3. Problem-solving
4. Active Listening

## 5. Critical Thinking

### Additional Training or Certifications:

To begin a career in psychology, additional training or certifications may be required, depending on the specific role. For example, if you want to work as a therapist or counselor, a graduate degree (Master's or Doctorate) and licensing (such as LPC or LCSW) are necessary. Clinical roles typically require certification and supervised experience. Some roles, like research assistant, may only require a bachelor's degree.

### Student and National Organizations:

1. [American Psychological Association \(APA\)](#)
2. [Psi Chi \(International Honor Society in Psychology\)](#)
3. [Association for Psychological Science \(APS\)](#)
4. [National Alliance on Mental Illness \(NAMI\)](#)
5. [Student Psychology Association](#)