

Psychological Sciences

The Psychological Sciences major focuses on understanding human behavior, mental processes, and the factors that influence them. Students explore areas such as cognitive psychology, developmental psychology, social psychology, and clinical psychology, gaining insights into how individuals think, feel, and behave. Graduates are prepared for careers in mental health, counseling, research, and human resources. Typical industry sectors include healthcare, education, research, social services, human resources, and nonprofit organizations.

Job Title Examples:

- Mental Health Technician
- Research Assistant
- Behavioral Health Specialist
- Social Services Coordinator
- Human Resources Assistant
- Rehabilitation Specialist
- Case Manager
- Counseling Assistant
- Outreach Coordinator
- Program Coordinator

Hard and Soft Skills Needed:

Hard Skills:

1. Psychological Assessment
2. Data Analysis
3. Research Methods
4. Cognitive Behavioral Therapy (CBT) Techniques
5. Statistical Software (e.g., SPSS)

Soft Skills:

1. Empathy
2. Communication
3. Problem-Solving
4. Active Listening
5. Critical Thinking

Further Education/Training Required and/or Suggested:

A BS in Psychological Sciences qualifies students for entry-level roles, but additional training or certifications can enhance career prospects:

To Enter the Field:

1. Certified Psychological Assistant (CPA):
 - Some states offer this certification for individuals assisting in psychological services.
2. First Aid/CPR Certification:
 - Often required for roles in mental health and clinical settings.

To Advance:

1. Graduate Degree (e.g., MA, MS, or PhD):
 - For careers in counseling, therapy, or research.
2. Licensed Professional Counselor (LPC) or Clinical Psychologist (PhD/PsyD):
 - Licensure required for therapy and clinical practice roles.
3. Board Certification in Behavioral Analysis (BCBA):
 - For those pursuing a career in applied behavior analysis.

Summary:

Additional certifications, licensure, or graduate study are often necessary for advanced roles in psychology, especially for clinical or therapeutic careers.

Professional or Student Associations:

- American Psychological Association (APA)
- Association for Psychological Sciences (APS)
- National Alliance on Mental Illness (NAMI)
- Psi Chi/Psychology Club