



Career Options after
Psychology
 and Mental Health Studies
 Co-op, Specialist, Major

the study of mental processes and behaviour
www.utsc.utoronto.ca/psych
 Co-op, Specialist, Major, Minor

What is Psychology?

Psychology is a Science focused on understanding mental processes and behavior. Psychology has many areas of specialization:

- Social
- Developmental
- Educational
- Cognitive
- Clinical
- Counselling
- Industrial and organizational psychology

Skills of Psychology Grads

- Communications Skills (aural and written)
- Interpersonal Abilities
- Mediate and Negotiate
- Knowledge of Mental Health Issues
- Analytical and Critical Thinking Skills
- Research Skills
- Teamwork
- Planning/Organizing skills
- Problem-Solving and Reasoning
- Leadership Skills
- Multicultural Sensitivity and Awareness
- Collect, analyze and interpret data
- Utilize statistical tests to predict outcomes
- Write literature reviews and scientific reports

What makes UTSC Psychology unique?

At UTSC many of the Psychology faculty members are award-winning researchers and instructors! UTSC Faculty are engaged in research in 5 key areas: Clinical, Developmental and Social psychology, and Cognitive and Behavioural Neuroscience.

Entry-Level Jobs for Bachelor Grads

Common employment destinations include:

- Case Manager in Social Services
- Psychometrist's Assistant in Psychological Services
- Research Assistant in Hospitals
- Human Resource Assistant in Business
- Youth Worker in Community Services
- Marketing Representative in Business Services
- Employment Consultant in Non-Profits
- Crisis Intervention Worker in Emergency Services

• Probation Officer in Corrections (Government)
The Career Directory: www.canadastop100.com/tcd

Graduate & Professional Studies

Popular further education opportunities include:

- Psychology – Master of Arts / Science (*Research*)
- Clinical or Counselling Psychology – Master of Arts (*Psychotherapy*)
- Social Work – Bachelor or Master
- Occupational Therapy – Master
- Education – Bachelor or Master
- Law School – JD (Juris Doctor)
- ABA Behaviour Therapy – Graduate Certificate
- Human Resources – Certificate (earning CHRP)

Use LinkedIn!

UTSC Psychology graduates are working in Education, Healthcare, and Business.

Attend our LinkedIn workshop to learn about the *Find Alumni* tool for networking!

Psychology Grads from UTSC have gone on to:

- Sunnybrook Health Sciences Centre
- York Region
- Ontario Ministry of Labour
- Humber College
- TD Canada Trust
- Rouge Valley



Examples of Fields that 'Fit' the Skills of Psychology Grads

- Non-Profit Causes (Disorder/Disease-specific)
- Social Services
- Marketing and Communications
- Consulting Services
- Government (Federal, Provincial, Regional, Municipal)
- Human Resources and Recruiting
- Education
- Research and Healthcare

Your 4-Year Career Exploration Action Plan

1 Do Your Research

The databases below provide you with details about job prospects, nature of work, educational requirements, working conditions, pay and related career paths:

Career Cruising: Log into cln.utoronto.ca, click on Resources, and click on Career Cruising to be logged in automatically

O*Net: online.onetcenter.org (U.S. site)

Attend our workshop **Discover Your Skills and Career Options**, meet with a Career Counsellor, and use our resources to get to know your skills, values, personality and interests:

www.utsc.utoronto.ca/aacc/get-know-yourself

Use the advice on our tip sheets for gathering info: www.utsc.utoronto.ca/aacc/tipsheets

- Information Interviews
- Working On-Campus
- Internships
- Volunteering

3 Build Your Network

Explore **Professional Associations** and get involved: volunteer for their events and conferences, and get to know people in your industry of interest. These are your future mentors, supervisors and colleagues!

Psychology and Neuroscience Department Association - www.thepnda.ca

Careers in Mental Health and relevant associations - www.workinginmentalhealth.ca/forms/career.aspx

Canadian Psychological Association - www.cpa.ca

Canadian Mental Health Association - www.cmha.ca

Canadian Psychiatric Association - www.cpa-apc.org

College of Psychologists Ontario - www.cpo.on.ca

Canadian Counselling and Psychotherapy Association - www.ccpa-accp.ca

Social Psychology Network and partners - www.socialpsychology.org/psych.htm

Society for Industrial and Organizational Psychology - www.siop.org

Other websites for finding networking opportunities and experience include:

Charity Village Events Listings - www.charityvillage.com Toronto Hostels Training Centre - thtcentre.com

2 Explore Career Options & Get Experience

Gain exposure to your options in the world of work and make connections while you're a student via campus events and programs listed on cln.utoronto.ca and ccr.utoronto.ca:

- [Extern Job Shadowing](#)
- [In the Field](#)
- [Explore It!](#) (course-based)
- [Partners in Leadership](#) (4th year students)
- [iLead, uLead, weLead](#) (Dep't of Student Life)
- Employer Information Sessions
- Career & Volunteer Fairs
- [Departmental Student Association](#) Events

Apply for [Work Study](#) jobs in CLN in Fall and Spring! You might also find work via www.scsu.ca/jobs.

Find networking opportunities, internship programs and entry-level jobs via websites like www.talentegg.ca and www.charityvillage.ca.

As an upper year student (14+ credits), attend UTSC's [Get Hired Conference](#) and participate in [Jobs for Grads](#).

As a graduate, explore internships and other trainee programs like www.careeredge.ca

Please note: This document is a starting point for your further research into career options in this field of study. For more information on this program and course requirements, please visit the departmental website at the top of the first page.