

What Can I Do With My Major? Psychology



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Why Study Psychology at UPEI?

A psychology major is personally enriching and explores human behaviour and mental processes. Demanding and interactive studies allow for community partner work and enable students to expand their world views and relationships. This major can be completed either as a science or an arts degree, both providing a platform to explore expansive academic and employment opportunities post graduation.

Adapted from www.upei.ca/programs/psychology



Career Possibilities

Some careers may require further education

- Child And Youth Worker
- Counselling Therapist
- Customs/Immigration Worker
- Fundraiser Officer
- Hospice Coordinator
- Labour Relations Specialist
- Mental Health Coordinator
- Mental Health Worker



Career Possibilities

Some careers may require further education

- Patient Care Coordinator
- Psychologist
- Psychotherapist
- Public Relations Specialist
- Social Worker
- Special Education Teacher
- Support Worker
- Victims Advocate



Top Transferable Skills

Research: Frame a research question, develop theories and ideas, gather information, clarify goals and problems, summarize results and synthesize conclusions.

Analysis: Define problem areas, create a system to organize and analyze data, offer new perspectives, develop new solutions for recurring problems, evaluate theory and evidence, and compare and contrast ideas and information.



Top Transferable Skills

Interpersonal: Analyze behaviour, motivate, perceive and understand individual differences, foster group dynamics, exhibit empathy towards others, and use active listening to identify and understand needs.

Communication: Actively listen, give and receive critical feedback, be empathetic and pay attention to body language to help effectively communicate ideas to others – adapting communication style when necessary.



Psychology Related Resources

[Canadian Centre on Substance Use and Addiction](#)

[Canadian Counselling and Psychotherapy Association](#)

[Canadian Mental Health Association](#)

[Canadian Psychological Association](#)

[Federation for the Humanities and Social Sciences](#)

[Science Daily: Psychology](#)

Thanks For Reading!

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