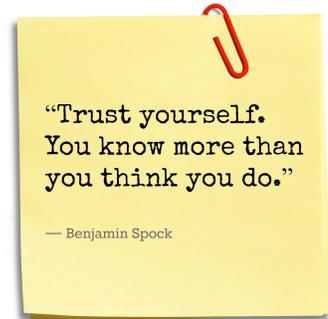


# What can I do with an undergraduate degree in Psychology

## Skills and Abilities Developed with a Degree in Psychology

While this is not an exhaustive list, you will find below some of the transferrable skills that your education in Psychology may have helped you develop or enhance. Transferrable skills are aptitudes and understandings you have developed during your undergraduate degree that are essential for professions that are directly related to psychology, but also for professions in other fields of work such as human resources, school administration and communication. Use the following list as an opportunity to reflect and identify the transferable skills you have acquired during your education as well as work and volunteer experiences.



## Analysis

- Ability to read scientific articles analytically and critically to identify the relevance of the information provided or the author's opinions
- Ability to look at social or personal problems analytically and critically
- Skill in approaching problems from a variety of theoretical and psychological perspectives

### A WORD FROM THE PRINCIPAL Michael Goldbloom

*The most important message I would give a young person starting out is that whatever job you have, there is an opportunity to learn and to develop skills that will help you in whatever you will do subsequently. Even if you think it isn't something you want to do long term. Get the maximum out of the opportunities that you have while you are in them. There are important things to gain and one shouldn't be cynical about it. You just never know how one learning experience can help you with something else.*

## Research

- Identify appropriate information sources (books, scientific articles, etc.)
- Gather, compile and synthesize relevant information from a variety of sources
- Ability to evaluate the quality and validity of scientific research and understand the different statistical calculations or graphics included
- Ability to analyze numerical data

## Organization and time management

- Ability to identify the various actions needed to create, plan and coordinate projects
- Ability to carry out tasks with thoroughness and precision
- Experience in establishing priorities to finish a project on time
- Sensitivity to ethical issues

## Interpersonal Relations

- Knowledge of human behaviours and development  
Knowledge of the verbal and non verbal cues that facilitate positive interactions with people
- Knowledge of the genetic, biological and social influences on behaviours
- Ability to work cooperatively with others
- Sensitivity to cultural and ethnic diversity

## Support and advise

- Ability to identify factors, behaviors that can be associated with different health or mental health issues
- Knowledge of, individual, group and crisis intervention methods
- Understanding of the different approaches in psychology to explain human behaviors
- Understanding the key developmental stages of children and adults and issues that are related to these stages

## Writing

- Ability to write in an objective and scientific manner
- Ability to select, interpret, organize and summarize information on a subject
- Ability to adjust style, form and content to a particular audience

## Communication

- Present ideas effectively and clearly to others both orally and in writing
- Ability to identify the ideas/information that can influence or alter someone's point of view
- Explain difficult concepts or complex topics
- Prepare and present research reports

## Creativity

- Creative approaches to problem solving in social situations
- Think and write creatively

### TESTIMONIAL OF KATHERINE LEVASSEUR- General Director at Centre d'action bénévole de Sherbrooke (CABS)

To succeed in community organizations, you need good communication skills and an open mind because you will interact with individuals (professionals, clients, volunteers) that have different backgrounds, experience and needs. Fundamentally, you need strong social skills and a keen interest in working with and for people. You also need to be willing to work in team settings and invest yourself in the mission and mandate of the organization. With all the budget cuts, community organizations need people who can identify creative ways to get funding, provide services, work effectively as part of a team, and meet the constantly changing needs of the clientele. Psychology students have the analytical, counselling and communication skills needed for professions in community organizations.

When recruiting new employees, most community organization managers will put a greater emphasis on finding employees that share the organization's values, mission, philosophy and that will fit in with the team. Therefore, volunteer experience is greatly valued since it demonstrates your interest in working with this clientele and your knowledge of their particular challenges and needs.

Finally, making a concrete difference in people's lives is probably the best incentive of working in community organization.

*The description of each profession presented in this document comes from the information found on the Career Cruising Website ([www.careercruising.com](http://www.careercruising.com)) and Repères (<https://reperes.qc.ca/asp/reperes.aspx> Password required)*

## CAREERS WITHOUT ANY FURTHER TRAINING

Your undergraduate degree has given you the basic knowledge and skills to meet the requirements and to accomplish the tasks related to the professions listed below. However, depending on the demand for such positions and the availability of skilled professionals in the area that you want to work in, you may need to gain more specialized skills or knowledge to enhance your candidacy (e.g.: by gaining work experience or by pursuing short specific training).

***This list is not thorough, it's designed to help you think of possibilities***

### TESTIMONIAL OF DALE STOUT

Professor and Chairperson of the Psychology Department, 2016

I think psychology generally allows you to develop a greater sensibility about people and what influences their behavior. You study how the brain works and social dynamics.

Psychology students are also methodologically very wealthy. Students acquire the skills and knowledge to design and carry out a study, as well as perform statistical analysis. In today's workforce, to be conversant in methodology is a real asset.

### Counsellor

The main purpose of counsellors is to help individuals deal with present life issues that affect their health, mental health, relationships or satisfaction. Counsellors will usually help a specific population (e.g.: women or children) or help individuals overcome a specific issue (e.g.: family relationships, eating disorders, etc.). They aim to help their clients improve their lives or their situations, by using a variety of methods. Counsellors can help clients overcome their issues by counselling one on one, by organizing group therapy sessions, by providing emotional support, by organizing prevention workshops on various topics or by creating personalized action plans. They can be found working mostly in community organizations, but occasionally in the public or private sector.

- *Abuse counsellor:* Works primarily in women's shelters to help individuals facing domestic violence
- *Crisis counsellor:* Works primarily for crisis hotlines or hospitals to help individuals dealing with various crises, such as suicidal thoughts
- *Addictions counsellor:* Helps individuals overcome various addiction issues and works on early prevention programs and often works in rehabilitation centers
- *Child/youth worker:* Assists children or adolescents dealing with a wide range of issues and often work in youth shelters or community organizations
- *Community worker:* Works in community organizations that often specializes in a certain clientele (e.g.: individuals dealing with isolation, homelessness, poverty, physical disability, or mental illness)

### Employment Counsellor

Employment counsellors are professionals who inform, guide and advise individuals searching for jobs. Their aim is to help them develop strategies that will enable them to overcome their career challenges and integrate or reintegrate the workforce more easily. They can mostly be found working in community or non-profit organizations or in the public sector. Their tasks are varied and can range from individual meetings, to group workshops, to administrative work.

## *Developmental Service Worker*

Developmental service workers assist children and/or adults with disabilities. They work to offer support and care to their clients in order to help meet their needs and help them function within society. They can work in a variety of settings, ranging from schools, community organizations or home care.

## *Gerontologist*

Gerontologists are professionals who work with the elderly. They can be found in community organizations, research institutes and the public sector, to name a few. Their primary goal is to improve the quality of life of older and aging individuals. Gerontologists can specialize in a wide range of fields associated with aging (e.g.: biology, psychology, ethics, law, recreation, sociology).

### **JOB SEARCH TIP #1**

#### **Don't wait for job postings to send your résumé**

Be proactive and get yourself known by employers who you would want to work for. Often, employers will look at the résumés they already have before listing a job.

## *Immigration Officer*

Immigration officers have the responsibility of deciding who is allowed into the country, by examining appropriate documents, conducting interviews and reviewing applications. They must verify every application to ensure that they meet the admission criteria. Immigration officers also deal with visa applications from visitors, students, and temporary workers. They may also act as sources of information regarding immigration policies and regulations.

## *Parole and Probation Officer*

Probation/parole officers are responsible for supervising offenders who have received a probation sentence or parole. The officers make sure that these individuals comply by the rules of their probation/parole by meeting with them regularly. The difference between both is that parole officers work with offenders that are completing their sentence in the community, whereas probation officers will usually work with individuals who have completed their sentence or must do community service hours. Parole officers often work at the federal level. A probation officer may do more to help the offenders avoid relapsing into criminal activities. They may refer offenders to a wide variety of services in order to help them achieve this.

## *Rehabilitation Counsellor (Workers Compensation Board, CSST)*

Rehabilitation counsellors' goal is to help injured workers overcome their physical, mental or emotional obstacles in order to return to the workforce. They work with the client, employer and numerous professionals to identify the services required by the client and the action plan that will help them reintegrate the workforce. A big part of this profession involves facilitating communications between their clients and employers, insurance companies and/or health care professionals. Rehabilitation counsellors must also do a lot of research and record keeping tasks. They are responsible for being informed on various labour laws and for informing their clients and other parties about these laws, as well as their rights and responsibilities.

## *Volunteer Coordinator*

Volunteer coordinators help recruit, train, supervise volunteers as well as coordinate their work. Their main objective is to help organizations, which offer services mostly through volunteers, to run smoothly. Their tasks may involve writing grant proposal and year end reports, contacting potential donors and keeping statistics on volunteers and activities. Volunteer coordinators may work for government institutions, but most of them work in community or non-profit organizations.

## *Zootherapist*

Zootherapists help to plan, develop and implement specialized therapeutic programs using animals. The goal of these programs is to maintain or improve the cognitive, physical, psychosocial or emotional potential of an individual or group of individuals. Zootherapists can work in a variety of settings; detention centers, rehabilitation centers, psychiatric institutes, schools or self-employment.

## *CAREERS WITH ADDITIONAL TRAINING*

*This list is not thorough, it's designed to help you think of possibilities*

### *Art, drama or music therapist*

Art, drama or music therapists help clients deal with their problems and express their emotions using a wide range of creative processes. They use art mediums, such as drama, dance, art or music, to allow their clients to gain confidence and to express their emotions, concerns or perceptions in an alternative way. These activities are inspired by psychology theories and practices, but presented in an innovative way. Art, drama or music therapists are equipped to work with a variety of clientele and adapt to different contexts.

### *Career, Guidance Counsellor or Academic Advisor*

Career counsellors help individuals identify and plan their career objectives or career transitions. The goal of the career counsellor is to help the individual know and understand themselves (e.g.: interests, abilities), career obstacles and the world of work in order to make informed career, educational and life decisions. Career counsellors may work with different clientele (e.g.: youth, employees, adults, individuals with mental health issues) in school settings, large companies, private practice, government or non-profit organizations.

Academic advisors assist students in selecting their classes to make sure they follow their educational requirements. They also help students to find resources that can help them with their academic or personal problems. Academic advisors will usually work in high schools, CEGEPS or universities.

### *Corporate Trainer*

Corporate trainers work to help employees adapt to changes, enhance existing skills or to determine their training needs. They organize workshops to keep employees informed on a wide range of topics. Their goal is to help employers by training employees to be competent and efficient in the workplace. Corporate trainers can work in many settings, such as government agencies, large companies, and self-employment or training agencies.

### *Family Mediator*

Family mediators help individuals resolve family issues, such as inheritance disputes or child custody conflicts. Their goal is to find a solution that will satisfy all parties involved. They do this by facilitating communication, identifying key elements of the situation, exploring the solutions available and keeping the mediation process on track. Although they cannot force or impose a resolution, they are essential to help the parties reach a decision.

#### **JOB SEARCH TIP #2**

#### **Volunteer!**

Volunteering has become a form of experience that is now really recognized in community organizations and in other sectors. It is a great way to gain experience in your field!

### ***Genetic Counsellor***

Genetic counsellors offer emotional support to individuals dealing with genetic disorders. They also provide information so that the individuals affected can better understand the disorder and how it will impact them. They also inform clients on the various tests or treatments that may be needed.

### ***Human Resources Specialist***

Human resources specialists can hire, train or fire employees. They assist in determining the requirements for new positions and interviewing candidates. They are also responsible for ensuring that the employees are satisfied with their job. They can do this by acting as mediators when there are internal work conflicts and by creating and running training and development programs. They also keep detailed records about employees in order to keep track of their salary, their vacations, sick days, etc.

### ***Marriage and Family Therapist***

Marriage and family therapists work with couples or families struggling with various issues. Their aim is to help them work on and improve their relationships with each other. Their main responsibilities involve assessing their clients' situation, proposing therapy objectives and practicing short-term therapy.

### ***Occupational Hygienist***

Occupational hygienists identify health hazards, such as mold, bacteria, excess heat or gases that can occur in the workplace. Their aim is to protect employees and to find appropriate ways to deal with or prevent these hazards.

### ***Occupational Therapist (ergothérapeute)***

Occupational therapists aim to help individuals dealing with physical, mental, emotional or developmental problems function independently, lead satisfying lives and adapt to their functional limitations. To do this, they help their clients develop or regain living or work skills. They help their clients set realistic goals based on their cognitive and physical abilities and their situation.

### ***Recreation Therapist***

Recreation therapists work to offer leisure activities and treatment services to individuals struggling with emotional difficulties, physical illnesses, disabilities or injuries. They use recreational activities and techniques, such as sports, games or crafts, to help their clients improve upon and/or maintain their health.

### ***Sexologist***

A sexologist studies the educational, mental, psychological, medical, social, relational and biological aspects of sexuality. Their main preoccupations involve information, prevention and rehabilitation. They also do therapeutic interventions to promote individual and relational support in regards to sexuality. A Master's degree is required for clinical, therapeutic consultation as well as research.

### ***Social Worker***

Social workers' main objective is to help improve the quality of life or well-being of individuals or communities. Social workers can work in a wide range of settings, such as schools, hospitals and community organizations, and with a variety of clientele. Therefore, their specific tasks may vary significantly. They may offer emotional support, help create action plans or refer clients to other resources or professionals. Most social workers will interview clients in order to gain a better understanding of their situation and problems and will meet with them regularly to follow their

development and to identify the right services or action plan required. Social workers' responsibilities may also involve advocating for the rights or better quality of life of individuals.

## **RESSOURCES**

**Association de médiation familiale du Québec :** <http://www.mediationquebec.ca/en>

**Association Québécoise de musicothérapie:** <http://www.musicotherapieaqm.org/>

**Canadian Counseling and Psychotherapy Association:** [www.ccpa-accp.ca](http://www.ccpa-accp.ca)

**Canadian Association on Gerontology:** <http://cagacg.ca/>

**Canadian Association of Music Therapy:** <http://www.musictherapy.ca/en/>

**Canadian Association of Occupational Therapists:** <http://www.caot.ca/>

**Canadian Association of Social Workers:** <http://www.casw-acts.ca/>

**Canadian Association for Spiritual Care :** <http://www.spiritualcare.ca/>

**Canadian Center for Substance Abuse :** <http://www.ccsa.ca/eng/topics/workforce-development/pages/certification.aspx>

**Canadian Psychological Association :** [www.cpa.ca](http://www.cpa.ca)

**Canadian Therapeutic Recreation Association:** <http://canadian-tr.org/>

**Center for Intervention and Research in Conjugal and Family Violence:** [www.pro-gam.ca](http://www.pro-gam.ca)

**Centre d'action bénévole Montréal :** [www.benevolatmontreal.org](http://www.benevolatmontreal.org)

**Centre d'action bénévole de Sherbrooke :** <http://www.cabsherbrooke.org/fr/accueil/>

**Centre intégré universitaire de santé et de services sociaux de l'Estrie :**  
<http://www.santeestrie.qc.ca/accueil/>

**Corporation des zoothérapeutes du Québec :** <http://corpozootherapeute.com/>

**Correctional Service Canada:** [www.csc-scc.gc.ca](http://www.csc-scc.gc.ca)

**International Center for the Prevention of Crime:** [www.crime-prevention-intl.org](http://www.crime-prevention-intl.org)

**Ordre des conseillers et conseillères en orientation :** <http://www.orientation.qc.ca>

**Ordre des conseillers en ressources humaines agréés :** <http://www.portailrh.org>

**Ordre des ergothérapeutes du Québec:** <http://www.oeq.org>

**Ordre des psychoéducateurs et psychoéducatrices du Québec :** <http://www.ordrepsed.qc.ca>

**Ordre des psychologues du Québec :** <http://www.ordrepsy.qc.ca/en/index.sn>

**Ordre professionnel des sexologues du Québec:** <http://opsq.org/>

**Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec:**  
<http://www.otstcfq.org>

**North American Drama Therapy Association:** <http://www.nadta.org/>

**Quebec's Art Therapy Association:** <http://www.aatq.org/en/home>

**Quebec Association of Senior Centers:** [www.aqcca.org](http://www.aqcca.org)

**Santé Montréal :** <https://www.santemontreal.qc.ca/en/public/>

## SHORT ADDITIONAL UNDERGRADUATE PROGRAMS

As mentioned earlier, depending on the profession you want to pursue or the employment requirements and perspectives of this profession, it may be in your best interest to get specialized knowledge or skills in this field. The following table contains examples of undergraduate or graduate certificates that can be paired with your bachelor's degree to enhance your candidacy or allow you to specialize in a specific field while developing new skills. Some programs may require previous field experience. This list is not exhaustive but it is a good place to start your research.

ADDITIONAL PROGRAM IDEAS			
Adult education	Early childhood education	Child and youth care/Youth work	Social services
College teaching	Family Life Education	Industrial relations	Disability studies
Communication	Gerontology	Spiritual counseling	Addictions/ Toxicomanie
Professional communication	Human Relations	Art therapy	Occupational health and safety
Community Service	Counseling	Orientation	Social policy
Criminology	Family therapy	Intercultural communication and leadership	Troubles envahissants du développement (UQAR)
Développement de carrière	Labour relations	Rehabilitation services	Vieillesse pathologique
Social work	Community intervention	Psychoéducation	Violence sexuelle et interpersonnelle
Public relations	Mental health	Psychologie du travail et des organisations	Couple counseling
Human resources management	Organisational psychology	Intellectual disabilities studies	

## ADDITIONAL GRADUATE PROGRAMS

There are several masters' programs that can be paired with your Bachelor's degree in Psychology. Their goal is to offer specialization in a field of study and/or gain research abilities. Depending on the masters' program, the university may require that you take additional undergraduate courses. This may range from a couple courses to a full year (qualifying year) to gain the knowledge you may be missing to pursue the graduate program you are interested in. They may also require that you gain relevant work/volunteer experience. Here are some examples of program titles that can be found in certain universities across Canada. This list is not exhaustive but it is a good place to start your research.

<b>MASTERS' PROGRAMS IDEAS</b>		
Music therapy	Occupational therapy/Ergothérapie	Psychopédagogie
Child studies	Gerontology	Industrial relations
Art therapy	Social work	Human resources management
Communication science and disorders	Human systems intervention	Social services
Couples and family therapy	Médiation interculturelle	Sexology
Drama therapy	Orientation	Spiritual counselling
Educational and counseling psychology	Psychoéducation	Adult education
Communication	Rehabilitation science	Criminology

## **REFERENCES**

### **Queen's University- Major Maps, Psychology:**

<http://careers.queensu.ca/sites/webpublish.queensu.ca.cswww/files/files/Major%20Maps/Web%20version/Psychology%20Major%20Map%20WEB.pdf>

### **Université du Québec à Montréal- Perspectives professionnelles, Baccalauréat en psychologie :**

<http://www.etudier.uqam.ca/perspectives-professionnelles-baccalaureat-en-psychologie>

**Université Laval – La vie après le Baccalauréat en psychologie:** <https://www.aide.ulaval.ca/wp-content/uploads/2015/09/la-vie-apres-le-baccalaureat-en-psychologie.pdf>

### **Université de Montréal – Quoi faire après un Bac en psychologie?**

[:http://www.cesar.umontreal.ca/orientation/documents/atelier\\_apres\\_psycho\\_v2013.pdf](http://www.cesar.umontreal.ca/orientation/documents/atelier_apres_psycho_v2013.pdf)

**Université de Sherbrooke- Baccalauréat en psychologie :** <http://www.usherbrooke.ca/premier-cycle/psychologie/#c79422-1>

**Universities Canada- Program database :** [http://www.universitystudy.ca/search-programs/?k=&program\\_level\\_merged=Undergraduate+level+certificate%2Fdiploma&program\\_language=ENGLISH](http://www.universitystudy.ca/search-programs/?k=&program_level_merged=Undergraduate+level+certificate%2Fdiploma&program_language=ENGLISH)

### **Université Laval- Répertoire de sites Web des associations et ordres professionnels:**

<https://www.spla.ulaval.ca/imt/associations-ordres-professionnels>