

Psychology: Information and Resources

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This document covers the following areas:

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- ▮ Alternative Careers with a Psychology degree
- ▮ Work Experience
- ▮ Skills for your CV
- ▮ Jobs open to graduates of any discipline
- ▮ Further Study

Careers with a Psychology degree

The field of psychology offers a diverse range of careers. Around two thirds of psychology graduates are in employment in the UK six months after graduating, while almost a quarter undertake further study or combine further study with work.

Approximately 15-20% of Psychology graduates go on to become **chartered psychologists**, specialising in **clinical, educational, occupational, counselling, forensic, health or sports psychology**. It is a fiercely competitive field and, apart from securing a good degree, the main challenge for graduates is acquiring relevant work experience. See <http://www.bps.org.uk/> for further information on becoming a chartered psychologist. The main divisions of psychology and routes to qualification can be accessed from the link below:

https://www.heacademy.ac.uk/sites/default/files/employability_guide_0.pdf

Alternative Careers with a Psychology degree

Psychology graduates are well-equipped for numerous roles. The scientific and research elements of the degree make **market research, academia** and numerate careers such as **accountancy** realistic goals.

With an understanding of people and how they behave in different situations, psychology graduates could pursue careers in **human resources, careers advice, psychotherapy and counselling, advertising, marketing and retail management**. See http://www.prospects.ac.uk/types_of_jobs.htm for further information on types of jobs with a psychology degree.

A degree in psychology provides a useful foundation for a wide range of careers and employers.

Major employers of psychology graduates include:

- ✦ the National Health Service;
- ✦ local and national government;
- ✦ schools, sixth form colleges and colleges of further education;
- ✦ social services;
- ✦ police forces, the National Probation Service and prisons;
- ✦ human resources departments;
- ✦ the media;
- ✦ marketing companies;
- ✦ financial organisations;
- ✦ commercial and industrial companies.

If you are unsure of what you want to do *Prospects Planner* is one of many tools and approaches, which can help you with career planning and clarifying your ideas. This resource is available on <https://www.prospects.ac.uk/planner> you are required to answer questions about your skills and what you want from a job and *Prospects Planner* suggests what might suit you.

Work Experience

- ✦ Work experience may be just as important as your degree. It can make you stand out from the crowd and it demonstrates commitment.
- ✦ The skills you gain will give you examples to use on an application form and to discuss at interview.
- ✦ Any commercial awareness gained from your part-time job or voluntary work is useful for your CV. See the Work Experience section on the Employability Portal for finding internships, part-time jobs and volunteering opportunities <https://employability.ulster.ac.uk/>
- ✦ It can be challenging to find work experience in a social or health care setting. If this is the case, shadowing someone to find out more about their job would be useful or even arranging a meeting with them to discuss what their career entails.
- ✦ You can make speculative applications this involves proactively approaching an employer to seek opportunities that have not been advertised. This may be necessary for: vacancies that are rarely advertised, holiday work and unpaid work or work shadowing.

Internships, volunteering and part-time jobs are a great way to get involved in the field of psychology, clarify your career goals, gain relevant experience, make connections and build your CV. For tips on writing a CV and covering letter <https://www.prospects.ac.uk/careers-advice/cvs-and-cover-letters>

Finding work experience is an excellent way to gain practical insight into a career in psychology and can give you the opportunity to find out whether you enjoy a particular type of work. Many postgraduate training programmes will require you to demonstrate significant relevant work experience in order to gain a place on their course.

Finding Part-time Work & Volunteering Opportunities can be downloaded from the Starting Point series on the Employability Portal, this resource provides examples of where you can source relevant work experience.

<https://employability.ulster.ac.uk/>

Skills for your CV

Participating in co-curricular activities is an excellent way to further develop employability skills, which can be a great asset to you when you are job seeking. Register for the **EDGE Award and complete a Certificate in Personal and Professional Development (CPPD)** to gain accreditation, develop employability skills and make your experiences work for you. See <https://advice.employability.ulster.ac.uk/edge>.

By the end of a degree in psychology you will have acquired a good mix of subject specific, technical and transferable core skills. See the following link for a breakdown of skills that you can highlight on your CV, application form or discuss at interview.

<https://www.heacademy.ac.uk/sites/default/files/resources/employability-guide-final.pdf>.

Jobs open to graduates of any discipline

Many graduate careers do not require specific degree subjects; in fact, approximately 40% of all graduate vacancies are open to graduates of ANY discipline. A degree in psychology is highly regarded by employers and the skills gained provide you with an intellectual and practical preparation for employment.

In recent years Ulster University graduates have tended to enter the following sectors:

- ✦ Accountancy www.charteredaccountants.ie,
<https://www.prospects.ac.uk/jobs-and-work-experience/job-sectors/accountancy-banking-and-finance>
- ✦ Banking Civil Service- www.nicsrecruitment.gov.uk, <http://faststream.civilservice.gov.uk>
- ✦ NISRA www.nisra.gov.uk
- ✦ Management and Administration <http://mts.hscni.net>
<https://www.prospects.ac.uk/job-profiles/management-consultant>
- ✦ Information Management
http://www.prospects.ac.uk/information_officer_job_description.htm
- ✦ Information Technology http://www.prospects.ac.uk/industries_it_overview.htm
- ✦ Consultancy http://www.prospects.ac.uk/management_consultant_job_description.htm
- ✦ Marketing and Market Research
http://www.prospects.ac.uk/market_researcher_job_description.htm
http://www.prospects.ac.uk/marketing_executive_job_description.htm
- ✦ Retail Management http://www.prospects.ac.uk/retail_manager_job_description.htm
- ✦ NHS <http://mts.hscni.net/mts/apply.asp>
- ✦ Community Work
http://www.prospects.ac.uk/community_development_worker_job_description.htm
- ✦ Social Work www.niscc.info
- ✦ Teaching <https://targetjobs.co.uk/career-sectors/teaching-and-education/330871-how-do-you-train-to-become-a-teacher>
- ✦ Voluntary Sector http://www.prospects.ac.uk/charities_voluntary_sector.htm

Further Study

There are numerous reasons for considering further study. As well as giving you that extra time to consider your options, it can lead to a change in career direction and you may get exemptions from some professional qualifications, i.e. accounting. The **Prospects website:**

http://www.prospects.ac.uk/postgraduate_study.htm has a useful search function for finding courses in the UK and a similar one for courses in the Republic of Ireland may be found at: www.postgradireland.com.

If you would like to consider further study by research, i.e. a doctorate, you may want to discuss this with your Studies Adviser or Course Director who will be aware of the opportunities and funding available within your faculty. Also see: <http://www.ulster.ac.uk/research/>

Information Sources

AGCAS publications available from Career Development Centre or from http://www.prospects.ac.uk/options_psychology_your_skills.htm

- Types of Jobs: Clinical Psychologist, Counselling Psychologist, Educational Psychologist, Forensic Psychologist (prison and probation services), Occupational Psychologist, Sports Psychologist.
- Options with your subject – Your Degree in Psychology.
- Sector briefings – Health and Social Care sector, Charities and Voluntary Work sector, Teaching and Education.
- Books/Booklets – So you want to be a Psychologist? Available from the BPS and reference copy in the Career Development Centre.
- Your Career Development Centre portal - <http://employability.ulster.ac.uk/>

Useful Addresses

The British Psychological Society, St Andrews House, 48 Princess Road East, Leicester, LE1 7DR
Tel: 0116 254 9568; Email: enquiries@bps.org.uk; www.bps.org.uk

The Association of Educational Psychologists, 4, The Riverside Centre, Frankland Lane, Durham, DH1 5TA, Tel: 0191 384 9512 ; Email: enquiries@aep.org.uk; www.aep.org.uk

The British Association for Counselling & Psychotherapy, BACP House, 15 St John's Business Park, Lutterworth, Leicestershire, LE17 4HB; Tel: 01455 883300 ; Email: enquiries@bacp.co.uk ; www.bacp.co.uk

Clearing House for Postgraduate courses in Clinical Psychology, The Clearing House, Fairbairn House, 71-75 Clarendon Road, Leeds LS2 9PH, Tel: 0113 343 2737 ; Email: chpccp@leeds.ac.uk

The Psychological Society of Ireland, Floor 2, Grantham House, Grantham Street, Dublin 2 , Tel: 00 353 1 472 0105 ; Email: info@psihq.ie; <https://www.psychologicalsociety.ie/>

The British Association of Sport & Exercise Sciences (BASES), Rooms G07 and G08, Leeds Metropolitan University, Carnegie Faculty of Sport and Education, Fairfax Hall, Headingley Campus, Beckett Park, Leeds, LS6 3QS; Tel: 0113 283 6164; Email: enquiries@bases.org.uk; www.bases.org.uk

The Health Professions Council, Park House, 184 Kennington Park Road, London SE11 4BU ; Tel: 020 7582 0866; Email: registration@hpc-uk.org; www.hpc-uk.org

For further advice and guidance contact the Career Development Advisors on campus. 'Graduate Recruit' allow you to submit an online careers query that will go directly to your Career Development Advisor. To access 'Graduate Recruit' go to <https://employability.ulster.ac.uk/>

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