So (maybe) you don’t want a career as a psychologist: what else could you do?

Frances Meegan

Careers Adviser
Working as a psychologist

- Talks today on careers in Clinical, Occupational and Educational Psychology
- On [www.careers.cam.ac.uk](http://www.careers.cam.ac.uk) podcast (under Science) of talks on careers in Clinical, Occupational, Educational and Forensic Psychology, and research in psychology
- Under Careers & Degrees (Science section) links to additional information on these career areas
- Gradlinks working as psychologists
Why consider careers outside of psychology?

- Qualifying as a psychologist is a big commitment – exploring other options will help you test your interest.
- 20% of psychology graduates go on to qualify as psychologists.
- Up to 70% of graduate jobs do not require a specific degree, but they do require specific competencies.
- Simply put - career choice is determined by: what you have to offer (competencies); what you want to offer (your needs); and recruiters’ needs.
- The objective is to find a good match(s) between what you want and what a recruiter wants.
What are competencies

Clusters of behaviours, skills, knowledge & experience

- For example: research and analysis; team work; drive for results; written and verbal communication; problem-solving; resilience; adaptability, IT; numeracy; client or customer focused experience, foreign languages……

- Employers across the public, charity and commercial sectors seek recruits who match the competencies they have identified as required to do the job they need doing

- Employers may also specify a type of degree, but much more often it will be whether or not ‘a’ degree is required, and/or the minimum “grade”

- Educational qualifications will never be sufficient evidence of the competencies sought

- Experience of using the required competencies outside of your studies will be required
Career Planning & Management Skills

Self-assessment
Motivations, Skills, Values, Priorities

Opportunities
Exploring, finding, creating

Matching
Your “offer” & the Opps

= Choices/Decisions

Review & Action
Identify gaps, explore, build experience

Action
Apply, interview, offers
First step: self-assessment

- What you **have** to offer
  - Skills
  - Strengths (& Weaknesses)
  - Personality Attributes
  - Experience

- What you **want** to offer
  - Likes (& Dislikes)
  - Motivators
  - Values
  - Constraints
  - Priorities
Conducting a self-assessment

- Reflect on your experiences
- Test your abilities: on line or paper tests
- Explore your personality type, e.g. MBTI
- Maybe use a career planning/career change book
- Ask people who know you and whose opinion you trust and rate
- Try out things you think you would like or would be good at (low level engagement at this stage), e.g. offer to chair a meeting, or help with organising an event….
What you (could) have to offer

- Competencies enhanced or developed through the study of psychology
- Interests fostered through the study of psychology
- Competencies enhanced or developed through working for a degree at Cambridge
- Competencies and interests used and developed through: extracurricular activities; work; volunteering; challenges/obstacles you have encountered …..
- Competencies enhanced or developed outside your studies may also provide evidence of your motivations, interests and preferred &/or additional competencies
Evidence of competencies & motivation

- **Academic work**: content, research skills, analysis, quantitative skills, IT skills, grades, awards, scholarships …….

- **Extracurricular activities**: student societies, student politics, student media, volunteering, arts, sport, issue campaigning, blogging…….

- **Work experience**: internships, vacation work, volunteering, shadowing

- **Competitions** (individual or team-based): enterprise, business, marketing, debating, mooting, writing (fiction, journalism, essay), performing ……….

- **Memberships**: think tank, political party, campaigning organisations, professional organisations ……………

- **Attending employer presentations, open days, information events**
Competencies associated with the study of psychology

- **Competencies:** written and verbal communication; research; qualitative data analysis; quantitative data analysis; curiosity; problem-solving; interpersonal insight; application of academic learning; team work; IT

- Anything else?

- **Interests:** people, and why and how they think and behave; learning; solving problems; blend of humanistic and scientific perspectives

- Anything else?

- Relevant competencies need to be communicated to an employer in a way that is meaningful and relevant to them (avoid psychological and Cambridge speak)
Career options other than psychologist

• Careers where a psychology degree would be directly useful

• Careers where a psychology degree could be directly useful

• Careers (potentially) open to you but where a psychology degree is likely to be less directly relevant

• But remember - career choice is determined by: what you have to offer (competencies); what you want to offer (your needs); and recruiters’ needs

• The objective is to find a good match(e(s) between what you want and what a recruiter wants
Careers where a psychology degree would be useful

A selection of careers where a psychology degree would be useful:

- Human Resources (including recruitment, management and development);
- Social Work;
- Youth Work;
- Careers Adviser;
- Retail Store Management;
- Government Social Researcher;
- Counselling/psychotherapy
A selection of careers where your psychology degree could be useful:

- Market Research;
- Brand Strategy Consulting; Advertising; Marketing; PR;
- Public Policy Research;
- Police; Prison Service;
- Education outreach;
- Teaching;
Other potential careers

- Some of the other careers (potentially) open to you:
  - solicitor; barrister;
  - trainee buyer; merchandiser;
  - management consultant;
  - trainee in the public sector (including Civil Service Fast Stream, Local Government graduate programmes, NHS graduate programmes)
  - charity worker, e.g. fundraising ;
  - IT graduate trainee;
  - event organiser, MP’s Assistant
  - finance (banking, accountancy, fund management….)
  - media, publishing, journalism, …..
Career Management Skills

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<th>Work Families</th>
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Collecting information, assessing its value, organising and evaluating it, drawing conclusions and presenting results, verbally and in writing. Some level of numeracy will be required.
Prime aim is to help individuals overcome, or come to terms with some problem, difficulty or disability. Focus on the needs of the client, assessing how these needs can be best met, and negotiating and arranging with others to achieve this.
Careers Service in summary

- **12 + Careers Advisers**: one to one advice and guidance; interview practice; CV and application help; career briefing sessions

- **Information**: website; sector overviews; podcasts; Click emails; GradLink; Information Room; CV & Cover Letter guides……..

- **Career sector briefings and career panels**

- **Careers Fairs**: over 15 each year

- **Employer Led Skills Sessions**: job search and employability

- **Vacancies & Opportunities**: vacation and permanent jobs

[www.careers.cam.ac.uk](http://www.careers.cam.ac.uk)
Key Resources

The earlier you make use of our services, the easier you will find it to make informed decisions about what you would like to do after leaving Cambridge.

- Cambridge Careers Guide
- Career Guidelines
- CLICK Email Service
- CVs and Cover Letters
- Feedback and User Surveys
- GradLink
- Meeting an Adviser
- Podcasts
- Psychometric Tests
- Vacation Work
- Vault Career Insider Library
- Videos

The Cambridge Careers Guide is written by the staff of your Careers Service, specifically for Cambridge students.

It is full of information and practical suggestions - and gives an overview of many careers areas, career choices and the services available from the Careers Service.

Copies of The Guide are distributed via colleges early in Michaelmas term - or you can collect a free copy from Stuart House or read it online.
Explore our Careers & Degrees sectors .....

Find out more about jobs in a wide variety of sectors

- Academic Careers
- Advertising, PR and Marketing Communications
- Arts and Heritage
- Banking
- Consultancy
- Economics
- Engineering and Construction
- Environmental and Conservation Work
- Financial Services/Management and Property Careers
- For more than profit
- Health Sector
- Information Technology
- International Development
- International Organisations
- Languages, Careers Using
- Law
- Management, Administration and Services
- Media
- Politics Related, Policy Research, Think Tanks and Public Affairs
- Postgraduate study or research
- Public Security, Protection and Investigation
- Public Sector
- Publishing
- Science
- Teaching
- Technology-oriented Companies in Cambridge

Charities, NGOs, links to our more than profit event, the Works and our Public Interest Vacation Work Bursary scheme. Public sector careers have their own sector site as does the Health sector (medical, dentistry, veterinary and psychology options). Roles in public protection and armed forces have their own sector site, as does environmental careers and international development.
And don’t forget the Degrees section.....

We also have a number of sites built around particular degree disciplines, to share our accumulated knowledge......

- Anglo Saxon, Norse and Celtic
- Archaeology and Anthropology
- Architecture
- Asian & Middle Eastern Studies
- Chemical Engineering
- Classics
- Economics
- Education
- Engineering
- English
- Geography
- History
- History of Art
- Land Economy
- Law
- Linguistics
- Management Studies
- Mathematics
- Medical and Veterinary Sciences
- Modern and Medieval Languages
- Music
- Natural Sciences
- Philosophy
- Politics, Psychology, Sociology & International Studies
- Theology and Religious Studies
**PPS Transferable skills**

Cambridge Skills Portal provides information on the skills and behaviour attributes individuals might find it useful to develop and lists training and development opportunities available across the University, together with links to useful resources outside the University.

Prospects 'use your degree': discover how best to use the skills you have gained from your degree study, and explore some of the career options directly associated with your subject - in particular see Politics, Psychology and Sociology.

**Possible career options for PPSI graduates:** as mentioned in the introduction to these pages, your choice of degree and specialisation within it, may or may not be indicative of your career objectives or job choice on graduation. So if none of the areas listed below appeal to you please do explore other areas of the Careers Service website: Careers Sectors, and Vacancies & Opportunities, and Getting Started and/or book an appointment with a Careers Adviser.

- **Politics related, policy research, think tanks and public affairs careers;**
- **Public sector;**
- The **Social Researcher** profile on the Prospects website provides a job description and career entry requirements. Social research is conducted in central and local government, e.g. Government Social Research Service (GSS), by academics in universities, independent social research institutes, e.g. National Centre for Social Research, think tanks; charities and commercial market research organisations, e.g. Ipsos MORI and GfK NOP.
  - Core requirements for working as a social researcher are strong social policy, social research methods and/or analytical, statistical and numeracy skills. The Social Research Association's (GRA) website has information on social research careers, training, and from time to time job vacancies;
  - **Chartered Psychologist:** even if you graduate from the psychology track of the PPSI Tripos, to qualify to practice as a chartered psychologist you will need to complete postgraduate study (Masters/PhD) and training relevant to the field you wish to work in, e.g. clinical, forensic, education, occupational or health psychology. For information on qualifying and working in a range of disciplines as a chartered psychologist see the careers web pages of the BPS, NHS; and Prospects you may also find a podcast recorded in late 2011 of speakers covering careers in Clinical, Occupational, Forensic, Educational Psychology, and Research in Psychology a useful resource.
  - **Psychotherapy** and **Counselling** job profiles on the Prospects website include job descriptions, entry requirements, training, qualifications and types of employers. There is no requirement for psychotherapists or counsellors to be registered or licensed. However, to work in the NHS or for a charity, education institution or other reputable employer, training and qualifications as well as accreditation by the British Association for Counselling and Psychotherapy (BACP) and/or the UK Council for Psychotherapy (UKCP) are likely requirements. Even if you graduate from the PPSI Tripos with a strong specialisation in psychology you will need to undertake postgraduate study and gain significant practical experience of client work to qualify for BACP or UKCP accreditation.
  - **International Studies:** to learn more about starting a career in the UK's Foreign & Commonwealth Office, or the EU Institutions see **Public Sector**; to explore working in a supranational organisation, including the UN, see **International Organisations**
Current Vacancies & Opportunities

Published:  
- This week
- Last week
- All

Starting:  
- Before 31 August 2012
- After 1 September 2012
- All

Type of work:

- Any
- Advertising and Communications [90]
- Arts, Media and Publishing [69]
- Banking and Securities [132]
- Consultancy [110]
- Education [53]
- Engineering and Construction [112]
- Financial Services / Financial Management / Property [110]
- Information Technology [157]
- Legal Services [16]
- Management / Administration / Services [244]
- Postgraduate Study [13]
- Protection and Law Enforcement [9]
- Research opps for postdocs / PhD students [82]
- Science [125]
- Startups / New Ventures [20]

For More Than Profit [123]

- Conservation and Environment [19]
- Ethical business inc social enterprise and fair trade [21]
- Health Related [28]
- Human Rights Work [10]
- Information inc. libraries and information services [3]
- International Development (including consultancy) [32]
- Professional bodies and membership organisations [9]
- Public Sector Consultancy [3]
- Public Service [34]
- Social Policy and Political Research [23]
- Social, Community and Charity (inc NGOs) [47]

Keyword(s):
Podcasts available for you to listen to or download

Recently added:
- Combining an academic career with parenthood (05/07/11)
- Breaking into the Not For Profit Sector (28/06/11)

All sectors - material relevant to all career sectors
- Academic Careers
- Advertising and Marketing Communications
- Arts and Heritage
- Banking
- Consultancy
- Economics
- Engineering and Construction
- English
- Environment and Conservation
- Ethical careers
- Financial Services, Financial Management and Property Careers

- Law
- Management, Administration and Services
- Maths
- Media
- Music
- Political Research, Policy and Public Affairs
- Public Security, Protection and Investigation
- Public Sector
- Publishing
- Retail
- Science
- Teaching
- Technology-oriented companies in Cambridge/Entrepreneurship/SMEs
- International Students
- Postgraduate Study
- Students with Disability
- Vacation Work
Exploring career options in psychology and beyond

• **Self-assessment:** Prospects Planner; Work Families; Which Job?; Personality Questionnaires; Ability Tests; discussion with a Careers Adviser, e.g. to review your conclusions, advice on next steps, if you are stuck

• **Researching Opportunities:** Careers & Degrees; Careers Briefings; Careers Panels; Careers Fairs; Vacancies & Opportunities; Work Experience; Employer Presentations; Networking; discussion with a Careers Adviser, e.g. where else to look, make senses of confusing information

• **Matching:** Job Profiles; GradLink; discussion with a Careers Adviser (e.g. talk through what you have found out or are planning to do, advice on gap filling

• **Action:** Preparing CV; Job Search; Applying (CV, cover letter, form, whatever they ask for); Tests Preparation & Practice; Interview Preparation and Practice {we can help you with all of this}

• **Decision:** you may get several offers; you may not be sure you want the job; you may want to negotiate some aspect of the offer {we can help if you need us}
Any questions?