

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

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Careers Adviser

Careers Service

# 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



# 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 matche(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

# Careers where a psychology degree could be useful

- 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



# Work Families

The Analysts & Researchers

The Investigators

The Helpers

The Communicators

The Creators

The Traders & Negotiators

The Persuaders

The Administrators

The Keepers

The Professional Advisers

The Educators

**And more...**



# Work Families

## The Analysts and Researchers

Management Consultant  
Strategic Consultant  
IT Consultant  
Business Analyst  
Intelligence Analyst

Research Fellow  
Postdoctoral Researcher  
Social Researcher

MP's Research Assistant  
Civil Service Fast Stream  
Public Policy Researcher  
Public Affairs Consultant  
Journalist  
Media Researcher  
Editorial Assistant  
Media Planner

Advertising Planner  
Retail Merchandiser  
Brand Consultant  
Market Researcher

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

# Work Families

## The Helpers

Advice Worker

Careers Adviser

Counsellor

Clinical Psychologist

Forensic Psychologist

Doctor

Community Development Worker

International Aid Worker

Aromatherapist

Barrister

Police Officer

Teacher

Social Worker

Youth Worker

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)

Welcome

Getting Started

**Key Resources**

Vacancies & Opportunities

Careers & Degrees

What's On

Stuart House Library

#### Register now ...

To receive news and vacancies direct to your inbox, search for graduate opportunities, view our diary and meet an Adviser.

#### Are you an organisation or recruiter?

Find out about advertising your vacancies, raising your profile, getting involved with events ...

## Key Resources

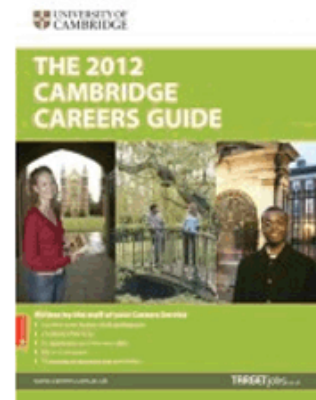
The earlier you make use of our services, the easier you will find it to make informed decisions about what you would like to do after leaving Cambridge.

- [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

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## Careers & Degrees

The list below mainly includes those employment sectors about which we are most frequently asked. In these you will find our accumulated knowledge and we commend these sites to you as your starting point where they include careers that interest you. We also have a number of sites built around particular degree disciplines, again to share our accumulated knowledge.

Careers

Degrees

- 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



## What do Cambridge Graduates do?

- [Cambridge Skills Portal](#)
- [Prospects 'use your degree'](#)
- [CamDATA](#)
- [Postgraduate Study](#)
- [GradLink](#)
- [Employability](#)
- [Undergraduate Prospectus](#)

## Politics, Psychology, Sociology and International Studies

- [PPSI Tripos](#)
- [Transferable Skills](#)
- [Career Destinations](#)

## 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](#) (GSR), 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. [ipsosMORI](#) 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](#) (SRA) 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 PPS 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.
- The **Psychotherapy** and **Counselling** job profiles on the Prospects website include job descriptions, entry requirements, training and 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](#)

## Vacancies & Opportunities

> [Current opportunities](#)

[Archive of past opportunities](#)

[More vacancies sourced externally](#)

[Quick video introduction](#)

## Vacation Work

[Current vacation opportunities](#)

[Archive](#)

## Guidance

[Help](#)

[External vacancy lists](#)

[Speculative applications](#)

[Using recruitment agencies](#)

[Spotting scam jobs](#)

[Unpaid, low paid, or paid-for internships](#)

[Working from home](#)

[Compensation packages](#)

## 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 [118]

Education [53] [help](#)

Engineering and Construction [112]

Financial Services / Financial Management / Property [110]

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]

Information Technology [157]

Legal Services [16] [help](#)

Management / Administration / Services [244]

Postgraduate Study [13] [help](#)

Protection and Law Enforcement [9]

Research opps for postdocs / PhD students [82]

Science [125] [help](#)

Startups / New Ventures [20]

**Keyword(s):**

[help](#)



## Online Videos

All online videos

At the Assessment Centre

Making an Impact - the graduate job interview

Your Job's Online - completing electronic applications

Big opportunities in small businesses

Selection centres for specialty training

## Other online videos

Director's Introduction

Quick guide to using Vacancies & Opportunities

## Podcasts

Podcasts

## 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
- 📻 For More Than Profit
- 📻 Health
- 📻 Information Technology
- 📻 International Development
- 📻 International Organisations
- 📻 Languages
- 📻 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 sense 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?

