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CAREERS IN PSYCHOLOGY



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OVERVIEW

A bachelor's degree (B.A. or B.Sc.) is the first step on the road to graduate-level training to become a psychologist. To call yourself a psychologist, you must complete at least a master's degree and normally a PhD in psychology. This applies both to research careers (e.g., university professor) and becoming a practising psychologist. There are several areas of specialization for those who wish to pursue post-graduate training at the master's or doctoral level; within each area, one may choose sub-specialties in which to teach, conduct research, be a practitioner, or some combination of these three activities.

ADDICTIONS COUNSELLOR

JOB DESCRIPTION

Addiction is a disease that affects millions of people. From alcohol to drugs to gambling, addictions can be brought on by many factors. They can cause a lot of trouble and pain. Luckily, there are experts who help their clients overcome this disabling condition. Addictions counsellors have this challenging job. Counsellors meet with addicts of all kinds. They learn about their clients' history and habits. Many addicts also suffer from emotional problems. Feelings of depression and anxiety are common for these clients.

All clients have unique needs. They tend to meet their counsellors on a regular basis. For many people, this is once a week. Counsellors get to know their clients very well. This allows them to decide on the best treatment to use. For example, a popular approach is the 12-step plan. The plan helps addicts by guiding them in a spiritual practice. It's the approach used by the Alcoholics Anonymous groups. Addictions counsellors keep detailed records of clients' progress. They decide when a client no longer needs treatment.

CORES AND ABILITIES

- Meet with clients to assess the extent of their addictions
- Develop treatment plans or refer clients to recovery programs
- Counsel, support and encourage clients through the recovery process
- Monitor clients progress and write reports
- Educate the public on addiction prevention
- Need to be understanding and empathetic with your clients
- Also need good communication and listening skills

EARNINGS AND EDUCATION

Addictions counsellors can work full time or part time. Most people in this career get paid an hourly wage. Some earn an annual salary. Earnings in this field can range from about \$30,000 to \$70,000 a year. Some senior counsellors earn more than \$80,000 a year. Incomes vary by region. They also depend on a person's level of education and area of specialization. Counsellors with more education tend to earn more money.

You can get a degree or diploma in addictions studies and counselling. You may want to study a related area, like psychology or social work. Many universities and colleges offer programs in these areas. Programs last from 2 to 4 years. Shorter certificate programs are available as well. Most students already have a degree or diploma before they get a certificate.

You can become certified in this career. Your title will be International Certified Alcohol and Drug Counsellor (ICADC). This option is offered by the Canadian Addiction Counsellors Certification Federation (CACCF).

PROFESSIONAL INTERVIEWS

- 1. Tell me about your job. Is what you do different in any way from what others in your occupation do?**

My job involves educational work with human resources departments and unions, teaching them how to handle situations where an employee has an addiction problem.

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2. Can you tell me about your background and how you got into this field?

Prior to this I worked as a registered nurse and then as a psychiatric nurse.

I was drawn to the field through a family history of chemical dependency. I trained to become an addictions counsellor while working as a psychiatric nurse.

3. What personal characteristics are required for someone to be successful in your job?

You need interpersonal and communication skills to be able to relate to all kinds of people and get your message across. These skills also help establish trust. In a similar way, you need to be a good listener to assess whether people are telling you the whole story or not. People often try to hide their problems and you have to listen for contradictions in their story. You have to try and uncover what's really going on. You also need a non-judgmental attitude because people have different beliefs and value systems. If you can't get past this, you can't help.

4. How much job security is there for people in your field?

It depends a lot on government funding for treatment programs. Cutbacks lead to fewer positions for counsellors, and those who do have jobs during these periods are usually working on short term. If you are willing to seek out work, however, you can stay in the field as long as you want.

5. What other jobs could you do with the skills you have gained in this field?

Addictions counsellors could do social services counselling, as this also involves helping people with personal, family, or work problems. Both types of counsellors help others improve their life skills to avoid addictions and other problems.

6. What do you think the future holds for people in your occupation?

I think the demand for addictions counsellors will remain the same. Addiction has shown itself to be a persistent problem in society. People will always be needed to help addicts with

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their problems.

However, I don't think there will be an increase in government funding for addictions services, which means the work available for counsellors will be limited.

If anything, funding will decrease, resulting in shorter treatment programs. This means the counsellors will be trying to get the same things done in less time. There will also be less residential treatment, which means counsellors will only be treating clients during the day.

7. What are the biggest challenges in your job?

My biggest challenge is helping clients move out of denial and into acceptance. That's a major step in fighting an addiction

MARRIAGE AND FAMILY THERAPIST

JOB DESCRIPTION

We often turn to marriage and family therapists when conflicts become too much to handle. These therapists help couples who are unhappy in their marriage. They also help parents and children who don't get along. They help all people cope with divorce, illness, or death. Therapists can help people understand these patterns. For example, family problems can cause some kids to act out. They may display behavioural problems such as heightened fear or aggression. Family therapy can help treat these issues.

Therapists help clients develop the skills to solve problems. They teach them techniques to deal with stress. They also show them ways to better express their feelings to those around them. In some cases, they may refer clients to another professional for help. That could include doctors, psychiatrists, or lawyers.

CORES AND ABILITIES

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- Interview clients and assess their situation and greetings
- Listen to clients concerns about depressions, divorce, family conflict and other problems
- Provide one-on-one or group counselling to clients
- Refer clients to resources, such as legal aid
- Keep records and monitor clients progress

EDUCATION AND EARNINGS

Many bachelor's degrees will prepare you to train as a therapist. It's common to get a degree in psychology or social work. A family studies or nursing program would also be suitable. It takes 4 years to earn a bachelor's degree.

After the bachelor's degree, you need a master's degree in marriage and family therapy (MFT). It's best to find a program accredited by the American Association for Marriage and Family Therapy. Master's degree programs take 2 to 3 years to finish.

You can also do a master's degree in another mental health field. Psychiatry and psychology are suitable subjects. Clinical social work or psychiatric nursing are other options. You can then study MFT in-depth in a post-graduate training program.

Most therapists earn between \$35,000 and \$90,000 a year. Those just starting out at an agency or community program can make between \$30,000 and \$35,000 a year. As they gain experience, they can earn between \$40,000 and \$75,000 a year.

With even more experience, higher earnings are possible. Established therapists can earn around \$90,000 a year. Agency or program directors earn the most.

PROFESSIONAL INTERVIEW

- 1. Tell me about your job. Is what you do different in any way from what others in your occupation do?**

I do family, marriage, and individual counselling at a private practice. I focus on how one person in the family can change the dynamics of the whole family by changing him or herself, and then the perception of others.

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My practice is a little unusual because I will counsel either a whole family or just a few members. Very few therapists are willing to work with a whole family at once. I often have to work in the evening, as this is when most people are available.

2. Can you tell me about your background and how you got into this field?

I studied social work and psychology at university, and then worked in child welfare for 20 years. I worked in a children's mental health centre, at a board of education as a social worker, and in a family counselling centre as a family therapist. For a brief period (5 years), I was a manager for two child welfare agencies.

I wanted to make the world a better place and felt I could do this by helping families. I sought further training and credentials to become a marriage and family therapist. It seemed a natural progression from the work I had been doing in child welfare. Plus, I always wanted to be in private practice.

3. What personal characteristics are required for someone to be successful in your job?

Self-discipline helps you stay focused on the issues during therapy sessions. Also, self-awareness helps you keep your personal issues separate from the client's.

As well, therapists must not judge their clients, and should remain open-minded and unbiased. You have to be a good communicator—know when to talk, when to listen, and how to empathize.

The cases you deal with are often upsetting, and so you need great stress-management skills, for both yourself and the client. It helps to have a good sense of humour to ease the tension.

Finally, you have to be positive and offer hope to others to make them believe that life will get better. This often involves being creative with your problem-solving and finding solutions when others have given up.

4. How much job security is there for people in your field?

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You can stay in this field as long as you wish. However, most stay for around 5 to 10 years. Some leave due to burnout and others are unable to separate their clients' problems from their own.

5. What other jobs could you do with the skills you have gained in this field?

Marriage and family therapists have a great understanding of human psychology. They understand, for example, how people work and get along with others. They would be ideally suited to human resources work, management consulting, or management training.

They would also make good radio or television hosts. Or they could put their skills and experience into writing magazine articles or books on family issues.

6. What do you think the future holds for people in your occupation?

It's likely that more therapists will go into private practice if the government cuts back on funding for social service agencies.

I also think the demand for marriage and family therapists will increase. One reason is that people are becoming better informed about the types of help they can get and are willing to seek help from qualified therapists.

A second reason is that changes in the workplace affect family stability. For example, when people lose their jobs, they are under financial strain, are less happy, more insecure, and often need expert guidance and counselling.

Also, some insurance companies are now covering counselling by some marriage and family therapists, so there will be more demand for their services.

7. What are the biggest challenges in your job?

The most challenging thing for me as a therapist is to honour a person's right to hold onto their pain, when I know how much happier they could be without it. For example, I have worked with a woman who is miserable in her marriage but chooses to stay in it for the sake of her children, and a depressed person who likes the attention and does not want to change.

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8. Are there many opportunities in your field? What should people do to get started?

It's important to earn the proper credentials since there are many professionals in other disciplines (such as nurses and guidance counsellors) who suggest that they do the same work. However, marriage and family therapy skills are quite distinct from these other fields.

Once you have completed a master's program, look for a job in a local marriage and family therapy practice where you can get good on-the-job training with a well-established therapist.

MENTAL HEALTH NURSE

JOB DESCRIPTION

Mental health nurses provide support and care to people with emotional and mental disorders. They are also called psychiatric nurses. The exact duties of mental health nurses depend on where they work. But they all have common goals. They try to keep their patients safe. They help patients adjust to their environment. And, as much as possible, nurses help patients regain their mental health.

First, nurses assess their patients' conditions. Then, they choose the best course of therapy. For this process, they often work with doctors, psychiatrists, and social workers. After the initial consult, the team provides the right therapeutic care and treatment. Treatment can include counselling. It can also involve recreational activities and medication. Mental health nurses monitor their patients on an ongoing basis. They also report to doctors on their patients' progress.

CORES AND ABILITIES

- Observe and assess patients' conditions
- Provide therapeutic care and treatment
- Treatment can include counselling, recreational activities, and medications

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- Keep patients safe and help them adjust to their environments
- Educate the community about mental health issues
- Need to work well as part of a team or a one-on one
- Also need to be able to calm people who are scared or confused

EARNINGS AND EDUCATION

Mental health nurses who work full time can make a salary of about \$45,000 to \$90,000 a year. Some senior nurses earn more than this. Nurses who do part-time or casual work are paid by the hour. Their annual earnings depend on the number of hours they work and their rate of pay. Earnings vary depending on a few factors. These can include location, training, experience, and place of work. Nurses can increase their earnings by doing overtime work. They also receive pay for being on call. In this case, they must be ready to go to work on a moment's notice if needed.

You can enter this program right after high school. Or, you can complete a registered nursing (RN) program first. Then, you can enter a post-graduate program in psychiatric nursing. When you graduate, you must register with your province. This is required in order to call yourself an RPN. You also must pass an exam to qualify.

In all other provinces except Quebec, you must first become a registered nurse (RN). Then, you can train as a mental health nurse. In most provinces, you must earn a bachelor's degree in nursing to become an RN. The Canadian Nurses Association (CNA) recommends that all students earn a bachelor's degree. This is a smart decision no matter where you live. Once you are done with the training, you must pass an exam to become an RN.

Once you have the RN title, there are a few paths you can take. The route you choose depends on where you work. Some employers train RNs on the job. Others require you to have special training in mental health before you are hired. Post-graduate programs in mental health nursing are available at many colleges and universities.

PROFESSIONAL INTERVIEWS

1. Tell me about your job. Is what you do different in any way from what others in your occupation do?

I am a psychiatric registered nurse at a large mental health care facility. My work is different from that of some other mental health nurses because I am trained to assess and apply treatment to illnesses of the brain and mind.

These illnesses are commonly diagnosed as schizophrenia, bipolar disorder (manic depression), and other various psychotic disorders. Psychosis can be triggered by drugs, alcohol, or a traumatic event (post-traumatic stress).

The treatments I apply range from medication, to counselling, to shock therapy.

2. Can you tell me about your background and how you got into this field?

I graduated from a 2-year nursing program, back when the requirements for getting into mental health nursing were less stringent. Although I also have experience working in a doctor's office, I have spent almost all of my career working as a mental health nurse.

3. What personal characteristics are required for someone to be successful in your job?

The most important personal characteristics are to be able to listen carefully and to have empathy for patients' hard luck. You must demonstrate interest in people's problems. For many patients, sharing and disclosing personal and often painful thoughts or actions helps them start their own personal journey in healing.

4. How much job security is there for people in your field?

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It is difficult to say. I have been working full-time for many years, but hiring practices in large institutions like mine have altered since I was hired. Nowadays, many nurses are on contract or in part-time positions.

5. What other jobs could you do with the skills you have gained in this field?

With the experience and training you get as a mental health nurse, you could go into counselling or work for community agencies like the Canadian Mental Health Association.

6. What do you think the future holds for people in your occupation?

Things are changing, but the changes are slow. The government has rules about how psychiatric patients are treated to help address some difficult issues. For example, does a psychiatric patient always have the right to refuse medication? Or, how can we re-admit a known psychiatric patient into treatment more quickly?

Many guidelines addressing these problems have been under debate and some have already been modified. More public awareness of the mentally ill is encouraging these changes.

7. What are the biggest challenges in your job?

The biggest challenge is dealing with the lack of resources. In most jurisdictions, doctors and nurses working in the area of mental health don't get the resources they need and, in spite of their best efforts, it affects the quality of care they can provide.

8. Are there many opportunities in your field? What should people do to get started?

Yes, there are many opportunities. There is a need for nurses to focus on long-term careers in mental health. The best way to get started is to volunteer in a mental health facility or a mental health community agency. This will give you a better understanding of patient profiles. It always helps to get a variety of experiences in different settings.

PSYCHOLOGIST

JOB DESCRIPTION

Psychologists study people's thoughts and behaviour. They use their expertise to help people function better in their daily lives.

Psychologists can work with all types of patients. They treat people with emotional or mental disorders. They work with families or spouses who have conflicts. They help people who have trouble adapting to school, work, or life events. And these are just a few cases! Most psychologists specialize in one area. For example, counselling psychologists help people deal with common problems. They can work one-on-one or with groups. They try to reduce their patients' anxiety and depression.

Most clinical psychologists are experts in one or more areas. Some know a lot about disorders, such as depression and anxiety. Others focus on eating disorders or drug abuse. They may work with one type of patient, like young offenders or victims of abuse. They may run one type of therapy, such as family or group therapy. Some are experts in distinct methods, like cognitive behavioural therapy (CBT).

CORES AND ABILITIES

- Assess client's psychological needs
- Provide treatment through individual counselling, group therapy and other techniques
- Take notes, and maintain and files
- Some conduct research and perform experiments
- May specialize in counselling, clinical or another area of psychology
- Need to be emotionally mature and stable

EARNINGS AND EDUCATION

Psychologists' earnings depend on where they work. There is a lot of variation in this field. Exact earnings data for most types of psychologists is not available. In general, they can make from about \$35,000 to over \$120,000 a year.

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Psychology professors start out making between \$40,000 and \$60,000 a year. After years of teaching, they can make up to \$110,000 a year. Senior professors at elite universities can make as much as \$160,000 a year.

In Canada, psychologists must be licensed by their province or territory. In some areas, you need a PhD to be licensed. In others, you can be licensed with just a master's degree. You cannot be licensed with just a bachelor's degree in any province. In some provinces, you can be licensed to work as an associate with just a master's degree. Check what your province or territory requires to be licensed.

A master's degree takes about 6 years to complete. This includes 4 years for a bachelor's degree and another 2 for a master's degree. A PhD takes another 4 to 5 years. If you want to be a professor or do high-level research, you'll need to get a PhD.

PROFESSIONAL INTERVIEWS

1. Tell me about your job. Is what you do different in any way from what others in your occupation do?

Most psychologists concentrate on seeing patients. I primarily do research. For example, I have published studies on the relationship between economic policies and poor health. I was also involved in the development, implementation, and evaluation of a provincial program designed to reduce the incidence of drunk driving and its tragic consequences.

2. Can you tell me about your background and how you got into this field?

I studied biology and psychology at university, and then went on to get a master's degree in psychology. My first job was at an addiction research foundation, where I headed up the drinking and driving research unit.

After several years at the foundation, I was recruited by the dean of medicine at a major Canadian university to direct a health intelligence unit.

3. What personal characteristics are required for someone to be successful in your job?

It depends on the area of psychology in which they are working. Clinical psychologists have to be very good with people. For researchers, however, people skills are not so important.

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Instead, critical thinking skills and original ideas are the most important ingredients for success.

4. How much job security is there for people in your field?

Like medicine, psychology is a profession that requires special academic qualifications. Those who can make it through the schooling and earn these qualifications should never have trouble finding employment. In times of government cutbacks, however, it is more difficult to get jobs in universities and other public sector institutions.

5. What other jobs could you do with the skills you have gained in this field?

Psychologists could go into related fields like social work, but the critical thinking skills that they develop can be used in many different occupations. For example, a psychologist could go into policy research and development for a government or non-profit organization.

6. How do you think your job will change in the future?

Although computers can be used to gather and process information, they cannot think critically, see the big picture, or come up with original ideas. For that reason, I do not think that advancements in computer technology will significantly affect the way most psychologists do their jobs.

7. Are there many opportunities in your field? What should people do to get started?

There must be a lot of opportunities out there, because I have yet to meet an unemployed psychologist.

CHILD YOUTH WORKER

JOB DESCRIPTION

These workers aren't psychiatrists or social workers. They have formal training in counselling, but their role is unique. It's more like a mix of a counsellor, parent, mentor, and friend. The young people they work with have a variety of problems. These often start from home situations, substance abuse, or trouble with the law. Some youth have developmental or medical conditions that affect their behaviour.

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Youth workers use all kinds of talk therapy. This helps their clients change and manage their attitudes and behaviour. They work with clients one-on-one and in group therapy sessions. In group therapy, clients can tell their stories, share advice, and support each other. Sessions focus on helping clients deal with their problems. Youth might have issues with aggression, depression, or addiction.

CORES AND ABILITIES

- Counsel clients one on one or in group therapy sessions
- Plan and lead activities such as local trips or games
- Encourage youths to make positive decisions
- Record clients progress and write reports
- Provide support and information to client's families
- Need to be emotionally mature and stable

EARNINGS AND EDUCATION

Child and youth workers may work full time, part time, or on a contract basis. Most full-time workers make between \$24,000 and \$50,000 a year. Supervisors can earn more than \$50,000 a year. Salaries for child and youth workers vary based on a few factors. Their earnings depend on experience, level of responsibility, and employer. Income depends on their level of education as well. People with a bachelor's degree may move up in the field faster and make more money. These degrees are usually in psychology, social work, or child and youth care.

You usually need at least a diploma in child and youth care for this job. Colleges across the country offer these programs. They usually take 2 to 3 years to complete. Many of these programs require you to do at least one supervised field placement. This helps you get on-the-job training. Salaries tend to be higher for people who have a bachelor's degree in this field. You can also study a related subject, like social work, psychology, or sociology. To become a manager or supervisor, you will likely need at least a bachelor's degree.

PROFESSIONAL INTERVIEW

1. Tell me about your job. Is what you do different in any way from what others in your occupation do?

I am a residential child and youth worker. This means I live with the children in a care facility and work with them and their families on a day-to-day basis.

My duties involve behaviour modification, supervising daily activities and routines, running sessions on anger management and social skills, case management, and counselling children either one-on-one or in a group.

2. Can you tell me about your background and how you got into this field?

I was a ward of the province when I was young, so I felt as though I had a good understanding of the system. I wanted to make a difference for kids like myself.

I did a 3-year child and youth worker diploma, and worked various after-school and summer jobs to pay my bills. The school set me up with a co-op placement, and I volunteered at several agencies. But I landed my current job by sending resumes to all the local agencies. I started doing relief work, filling in for people on vacation or sick leave, and they eventually hired me full-time.

3. What personal characteristics are required for someone to be successful in your job?

You need patience and tolerance to work in this field. Sometimes it takes a long time before you see any progress in a child's behaviour. Perseverance is important for the same reason. Kids need security and the knowledge that you have faith in them.

You should also be organized. Structure is a big part of this job. For example, aside from keeping up with the day-to-day routines of a care facility, you need to ensure that your paperwork is up to date.

4. How much job security is there for people in your field?

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This is hard to predict. The administrative side of this business is under constant restructuring, and the burnout rate for youth care workers is incredibly high. If you choose to stay in the field with an agency, you can remain a long time.

However, it is likely that your job title will change over time. You could start as a residential worker, then become a day treatment worker or community service worker.

5. What other jobs could you do with the skills you have gained in this field?

Working with people is working with people, whether they're children or adults, so you could use this experience to do any sort of community service job. Your talents would be useful to youth groups, seniors' programs or counselling services, or even at a corrections facility or hospital.

6. What do you think the future holds for people in your occupation?

I think as long as there is the funding for child and youth programs, demand will increase.

People always talk about residential treatment being too costly, instead of talking about its successes. I personally believe there will always be a need for residential treatment.

7. What are the biggest challenges in your job?

It can be tough when your beliefs or philosophies differ from the agency's mandate—for instance, if you feel strongly about how a child's program should be structured. Decisions can be made by your team, or they can be issued by management. Once they are made, it can be difficult to change them.

8. Are there many opportunities in your field? What should people do to get started?

Opportunities are often posted on agency notice boards. Check out agencies in your area. Becoming a volunteer or acquiring a student placement is a great way to get some experience in the field and get your foot in the door.

WHO EMPLOYS PSYCHOLOGY GRADUATES?

- Educational institutions
- Hospitals
- Not-for-profit agencies
- Government agencies (federal, provincial, municipal)
- Community mental health providers
- Correction and rehabilitation facilities
- Insurance companies
- Market research firms
- Medical/health organizations
- Behavioural health clinics
- Community services
- Religious organizations
- Residential care facilities
- Public relations and communications firms
- Employee assistance plans

PROGRAM RELATED SKILLS

Academic courses in this program provide opportunities to develop the following types of skills. Make a career counselling or an employment strategy appointment to discuss how you can demonstrate these skills to employers.

- **Communication:** formulate and defend positions; good listening, clarifying, questioning, and responding skills; write carefully reasoned reports; and sensitivity to cultural and ethnic diversity.
- **Research:** summarize complex materials; assess and analyze data; use criteria to evaluate and make decisions; and carry out tasks with thoroughness and precision.
- **Critical thinking & problem-solving:** understand complex problems and identify potential solutions; and approach problems from a variety of perspectives.

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- **Organizational:** identify goals; manage time; multitask; and work independently and collaboratively with others.

POSSIBLE CAREER PATHS

Note: This is not an exhaustive list. Detailed career profiles are available in the Career Centre. Some occupations require further education and experience.

Counsellor/Therapist/ Psychologist

- Academic Counsellor
- Addictions Counsellor*
- Art Psychologist
- Art/ Music Therapist*
- Athletic Therapist*
- Behaviour Therapist
- Career Counsellor*
- Exercise Therapist
- Marriage and Family Therapist*
- Industrial-Organizational Psychologist*
- Immigration Officer*
- Light Therapist
- Massage Therapist*
- Media Psychologist
- Mental Health Nurse*
- Military Psychologist
- Movement Therapist
- Occupational Therapist*
- Psychologist*
- Recreation Therapist*

Human Resources

- Admissions Evaluator
- Benefits Manager
- Compensation Manager
- Corporate Trainer*
- Education Specialist
- Employment Interviewer
- Grievance Officer
- Human Resources Specialist*
- Human Resources Worker*
- Job Analyst
- Labour Relations Specialist
- Mediator*
- Industrial-Organizational Psychologist*
- Recruiter*
- Trainer/Training Specialist

Social and Human Services

- Child And Youth Worker*
- Child Life Specialist
- Community Worker*
- Clinical Coordinator
- Clinical Manager

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- Rehabilitation Counsellor*
- Residential Counsellor
- School Counsellor*
- Speech-Language Pathologist*
- Voice Therapist
- Women's Counsellor
- Communications Specialist*
- Correctional Officer*
- Health Care Administrator*
- Hospital Service Worker*
- Probation Or Parole Officer*
- Program Coordinator

Residential Care

- Activities Coordinator
- Case Worker
- Child And Youth Worker*
- Community Worker*
- Crisis Worker
- Gerontologist*
- Health Care Administrator*
- Personal Care Attendant*
- Hospital Service Worker*
- Mental Health Nurse*
- Relief Worker
- Resident Services Provider
- Special Services Supervisor
- Religious Worker*
- Social Worker*
- Sociologist
- Support Worker
- Volunteer Manager*

Business-Related and Other

- Account Manager (Banking)*
- Advertising Copywriter*
- Advertising Account Executive*
- Credit Counsellor
- Entrepreneur*
- Event Planner*
- Foreign Services Officer*
- Fundraiser*
- Lawyer*
- Management Trainee
- Market Research Analyst*
- Media Buyer*
- Planner*
- Public Policy Analyst*
- Public Relations Specialist*
- Sales Representative*
- Statistician*
- Writer*

Academic and Teaching-Related

- Educational Administrator
- Elementary School Teacher*
- ESL Teacher*
- High School Teacher*
- Librarian*
- Professor*
- Researcher*
- School Counsellor*
- Special Education Teacher*

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- Speech-Language Pathologist*
- Teacher*
- Sport Psychology Consultant*
- Developmental Service Worker*

* View these titles at Career Cruising, available on [CLN](#) under the *Resources* tab.

HOW TO GET EXPERIENCE AND BUILD A NETWORK

Informational Interviews

Informational interviews are a great way to connect with professionals in a career area of interest and gain valuable insights about a particular career, company or industry that would otherwise be difficult to find in books or online. Check out our [tip sheet](#) to learn more.

Additional Student Related organisations

Join a student club or an academic society at UTM to meet like-minded people, explore your interests, and make valuable connections. To view a list of current clubs and societies, visit the Centre for Student Engagement's [website](#). Some organizations you may consider are:

- Psychology Association of Undergraduate Students at Erindale
- Sexual Education and Peer Counselling Centre
- Health Out Loud
- OUT&UTM

Create a LinkedIn Profile

Create a [LinkedIn](#) profile to connect with professionals in various fields, explore the career paths of UTM alumni, research employers, apply for specific positions, and more. Need help? Come to the Career Centre to book a LinkedIn profile critique.

Professional Associations

There are many benefits of becoming a member of association(s), such as developing a network of contacts, learning about industry trends, accessing industry-related job postings, and stating your affiliation on your resume. Some associations related to this major are:

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- [Ontario Psychological Association](#)
- [Canadian Psychological Association](#)
- [Canadian Counselling Psychotherapy Association](#)

SAMPLE JOB POSTINGS FOR GRADUATING STUDENTS

Below is a sample of delisted positions that have been posted on UofT's Career Learning Network (CLNx). To access current listings, login to [CLNx](#) and click on *Jobs*.

- Research Analyst, Centre for Addiction and Mental Health
- Clinical Study Coordinator, MacAnxiety Research Centre
- Peer Health Education, Health & Counselling Centre, UTM
- Individual, Couple, and Family Counsellor, Catholic Family Services
- Speech Language Pathology Volunteer, West Park Healthcare Centre
- Organization & Human Performance Analyst, Accenture
- Youth Project Manager, Healthy Minds Canada
- Research Assistant, Baycrest
- Lab/Research Assistant, Department of Psychology, UTM
- Psychometrist, Sunnybrook Health Sciences Centre
- Information & Referral Counsellor, Polycultural Immigrant & Community Services
- Clinical Therapist - MSW/Psychologist, The Kyla Fox Centre
- Marketing Coordinator, World Vision Canada
- Student Success Assistant, Office of the Registrar, UTM
- Clinical Neuropsychologist, Holland Bloorview Kids Rehabilitation Hospital

ALUMNI PROFILES

Name: Randi McCabe

Updated: August 2020

Grad Year: 1994

Degree: BSc

Program: Biology & Psychology

Title: Director of the Anxiety Treatment and Research Centre

Organization:

Anxiety Treatment and Research Centre

update: Randi McCabe currently works as the Director of the Anxiety Treatment and Research Centre

Randi McCabe currently works as the Associate Director of the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton.

“My position combines clinical, research, teaching and administrative roles. I provide assessment and treatment to patients referred to the clinic with a primary anxiety disorder. I also supervise and provide training to individuals from a variety of programs such as psychiatry residents, psychology interns and practicum students and postdoctoral fellows,” says Randi who earned an M.A. in Psychology from U of T in 1995 and a Ph.D. in Psychology from U of T in 2000.

“The hospital is a teaching facility associated with McMaster University. Through this affiliation I am also an Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. To be successful in my position an individual needs to be hard-working, organized and able to juggle multiple roles and demands. My work is made easy because I really enjoy my job and the variety of tasks that it involves.”

Randi completed her post-doctoral fellowship at her current place of employment as she went through the process of becoming licensed as a psychologist in Ontario. Following her licensure, she took the position she holds now.

“Other ways that I am involved in my profession include giving talks in the community, conducting training for other health professionals and acting as a supervisor for psychology training programs at other universities including the University of Waterloo and the University of Regina. I am also Chair of the Clinical Behavioral Sciences Program at McMaster University, a post-professional diploma program,” says Randi.

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“Completing an undergraduate thesis in psychology was an important experience that helped to steer me towards becoming a clinical psychologist. I realized that I enjoyed research and I was able to learn what being a psychologist was all about.”

Randi says she knew at the beginning of her undergraduate degree that she would have to take further graduate training in order to achieve a career as a psychologist.

“The B.Sc. was my first step towards my goal. Once I completed graduate school, the opportunities fell into place. I networked to see where there was a postdoctoral fellowship opening,” she says.

“The main key to my success is the enjoyment I get from my training and my career. If a student wished to pursue a career as a clinical psychologist, my advice would be to talk to different faculty members to find out about graduate school. Complete a thesis to gain research experience and then research potential graduate school faculty who might match your research interests. Volunteering in a research lab is also a good experience to learn more about your interests as well as make contacts for applying to graduate school.”

ADDITIONAL RESOURCES

- [Canadian Psychological Association](#)
- [CareersInPsychology.org – Careers in the Field of psychology](#)
- [TalentEgg – What Can I Do With My Psychology Degree](#)
- [Prospects – Careers Options in Psychology](#)
- [Career Profiles – Psychology and Counselling Careers](#)
- [Canada’s Top 100 Employers for Young People](#)