

Psychology

Through observation and research, psychology majors study the mind and human behavior including mental, physiological, and social processes. They apply that knowledge to help understand, prevent, and resolve both individual and societal problems. They form theories to attempt to explain why people behave the way they do by focusing on what motivates a person's actions.



The Colorado Mesa University [Psychology](#) program has two concentration options for students, Psychology and Counseling Psychology. The Psychology concentration prepares students to work in a wide variety of settings, including human services (counseling and social work), public affairs, business, sales, criminal justice (probation or corrections officer), the hospitality industry, teaching, and research. The Counseling Psychology concentration is designed to prepare undergraduate students to either work in the field of counseling and human services or to go on to graduate studies in areas like counseling, social work, and clinical psychology. The capstone of the counseling program is the Practicum course where students work off-campus at various treatment centers, in therapy settings, or at local agencies employing counseling and other human services skills to gain experience and network with other professionals.

Students can expand their understanding of psychology and participate in conferences, community service projects, and national societies by joining one or several of the [Psychology clubs](#) offered on campus. Campus [clubs and organizations](#) also offer the opportunity to work closer with faculty, other students, and professionals from various fields in settings beyond the classroom.

A person in this career field may:

- Counsel individuals, groups, or families on a range of issues from helping them to understand and overcome personal, social, or behavioral problems to helping them with education/career goals to improving organizational dynamics for a business
- Research through observation, experimentation, administering psychological instruments, interviews, surveys, and clinical studies to find patterns of behavior
- Provide crisis intervention in difficult situations
- Analyze data for a variety of purposes such as determining the effectiveness of treatments on clients or advertising on consumers
- Assess, diagnose, or treat mental/emotional disorders, behavioral problems, or learning disabilities
- Maintain accurate and detailed records and prepare reports on clients as needed by schools, businesses, or hospitals

Major Skills & Characteristics

- Ability to make decisions
- Ability to observe, analyze, and interpret data
- Ability to relate to people from diverse backgrounds
- Ability to resolve or mediate crises and conflict situations
- Ability to understand and interpret statistics and research data
- Concern for people and sensitivity for working with them
- Critical thinking skills
- Interpersonal communication skills
- Knowledge of community resources
- Knowledge of human development
- Listening and interviewing skills
- Problem solving skills
- Understanding of group interactions
- Strong verbal and written communication skills

Organizations That Commonly Employ Psychology Majors

- Assisted Living Centers
- Business and Industry
- Colleges/Universities
- Community Organizations
- Correctional Facilities
- Counseling Centers
- Crisis Counseling Agencies
- Hospitals
- Mental Health Agencies
- Private Practice
- Recreation Facilities
- Rehabilitation Agencies
- Schools
- Social Service Organizations
- State/Federal Government

Related Careers

- Art Therapist
- Behavior Analyst
- Career Counselor
- Case Worker
- Child Protection Worker
- Child Psychologist
- College Student Affairs
- Community and Social Service Worker
- Community Relations Director
- Corrections Officer
- Correctional Caseworker
- Crisis Intervention Counselor
- Developmental Psychologist
- Director of Volunteer Services
- Employment Agency Counselor
- Family/Marriage Counselor
- Forensic Psychologist
- Group Home Coordinator
- Hospice Coordinator
- Industrial/Organizational Psychologist
- International Student Advisor
- Market Research Analyst
- Marketing/Sales Manager
- Mental Health Coordinator
- Personnel Administrator
- Probation Officer
- Professional Employment Recruiter
- Professor
- Program Developer/Manager
- Psychiatrist
- Psychologist
- Public Opinion Surveyor
- Rehabilitation Counselor
- Residential Youth Counselor
- School Counselor
- Social Psychologist
- Social Service Professional Staff
- Social Worker
- Substance Abuse Counselor
- Technical Writer/Communicator
- Television/Media Research
- Training and Development Professional
- Youth Corrections Officer

Note: Some of the occupations listed above may require additional education, experience, or training beyond a Bachelor's Degree. Please use the Career Research Resources links below to research these occupations.

Career Research Resources:

Use these sites to research information about specific occupations such as nature of the work, training or qualifications, employment or job outlook, projections, earnings and wages.

O*NET-Online: <http://www.onetonline.org>

The U.S. Department of Labor

- In the occupational search box type in key words, job titles, or occupational codes to research various careers.

Occupational Outlook Handbook: http://www.bls.gov/oco/oooh_index.htm

The Bureau of Labor Statistics

- Use the A-Z index to select the occupation you are researching, such as
 - **Psychologists** at <http://www.bls.gov/oooh/life-physical-and-social-science/psychologists.htm>
 - **Mental Health Counselors and Therapists** at <http://www.bls.gov/oooh/community-and-social-service/mental-health-counselors-and-marriage-and-family-therapists.htm>
 - **School and Career Counselors** at <http://www.bls.gov/oooh/community-and-social-service/school-and-career-counselors.htm>
 - **Psychiatric Technician** at <http://www.bls.gov/oooh/healthcare/psychiatric-technicians-and-aides.htm>

My Future.com: <http://www.myfuture.com>

The Department of Defense

- This site compiles information from departments of [Commerce](#), [Education](#) and [Labor](#).

Organizations and Associations Links

- American Psychological Association: www.apa.org
- American Counseling Association: www.counseling.org
- American Psychological Society: www.psychologicalscience.org
- National Association of Social Workers: www.naswdc.org
- International Honor Society in Psychology: www.psichi.org
- Colorado Psychological Association: www.coloradopsych.org
- Accredited Graduate Programs in Counseling: www.cacrep.org
- American Academy of Forensic Sciences: www.aafs.org
- Social Psychology Network: www.socialpsychology.org
- Society for Industrial & Organizational Psychology: www.siop.org
- Association for Psychological Science: www.psychologicalscience.org

Job Listings/Job Search Sites:

- American Psychological Association: www.apa.org/careers
- Mental Help Net: www.mentalhelp.net
- Jobs in Psychology: www.psychologyjobs.com
- Industrial & Organizational Psychology Jobs: www.siop.org/jobnet
- Human Services Career Network: www.hscareers.com
- Federal Government Jobs: www.usajobs.gov
- Action Without Borders: www.idealists.org
- National Non-Profit Job Opportunities: www.opportunityknocks.org
- Nonprofit Jobs: www.nonprofitjobs.org
- Social Service Job Site: www.socialservice.com/search.cfm
- Non-Profit Job Seeker: www.nonprofitjobseeker.com