

## 10 Tips for Exploring Careers in Psychology (9/20/19)

1. **Make use of the GW Center for Career Services:** [careerservices.gwu.edu](https://careerservices.gwu.edu)
  - a. Sign up for GW Handshake <https://gwu.joinhandshake.com/> – job and internship postings, job fairs, career events workshops, access career resource sheets
  - b. Sign-up to complete career exploration inventories to learn about your strengths
  - c. Meet with industry career coach for social sciences: Nicole Kolt ([nurlass@gwu.edu](mailto:nurlass@gwu.edu))
  - d. CV/resume or cover letter review – in person or VMock 24-7 online resume review tool
  - e. Schedule a Mock Interview – practice your professional pitch and get feedback
2. **Meet with faculty, alumni, or professionals** in your desired field – ask lots of questions (informational interviews). Tell them what you're interested in so they can help you make connections or send relevant job/internship/volunteer postings your way
3. **Connect with the department's social media** to hear about opportunities and to learn more about different fields in psychology
  - a. Twitter: @gwupsych [department news and events]
  - b. Facebook: @gwupsychdept [department news and events]
  - c. Blog: [go.gwu.edu/psy](http://go.gwu.edu/psy) [has career and grad student resources page]
  - d. Instagram: @gwu\_psychlife [Grad student run - focuses on the life of grad student]
4. **Go to TA office hours** to ask about what life as a grad student is like
5. **Go to conferences** that professionals in your desired field attend to learn more about the range of work being done in the field and network.
6. **Make a LinkedIn account** and connect to faculty and professionals. Use your first degree connections as a foot in the door to reach out to second degree connections (e.g., ask your first degree connection to make a virtual introduction). Take advantage of GW alumni connections – they want to help!
7. **Attend Psi Chi sponsored career events** such as grad school night – see our Google calendar posted on <https://blogs.gwu.edu/ccaspsychology/events/>
8. **Check professional organization websites** for career resources:
  - a. APA's "How did you get that job?" free webinar series: <https://www.apa.org/members/content/virtual-conference-series>
  - b. APA PsycCareers <https://www.apa.org/careers/> – job listings, learn about career paths
9. **Join a professional psychology organization** – gives you access to members only resources, listservs, discounted membership, fellowships and grants. Annual student membership rates are often very inexpensive. In addition to the broader organizations (American Psychological Association and Association for Psychological Science), there are also many special interest groups or smaller, focused organizations for subfields. Ask your professors for recommendations!
10. **Do volunteer or paid internships** related to your desired field (either during the year or summer) – Great for learning about the field and for building your resume/CV.
  - a. Most faculty in the department take student volunteers or PSYC 3591/4591 students who work on research projects (get list from front desk)
  - b. GW student research commons <https://researchcommons.gwu.edu/>
  - c. Psych Majors listserv often posts jobs and volunteer opportunities
  - d. Psych Blog site lists possible service and volunteer opportunities <https://blogs.gwu.edu/ccaspsychology/service-opportunities/>