

The goal of the Psychological Science Program is to educate students in the scientific study of the mind and human behavior. The program encompasses theoretical, methodological and applied topics drawn from our broad and fascinating field. Students develop key skills in research methods and data analysis and in scientific writing and oral communication. The program has a strong record of preparing students for graduate study as well as for careers in research, social services and business.

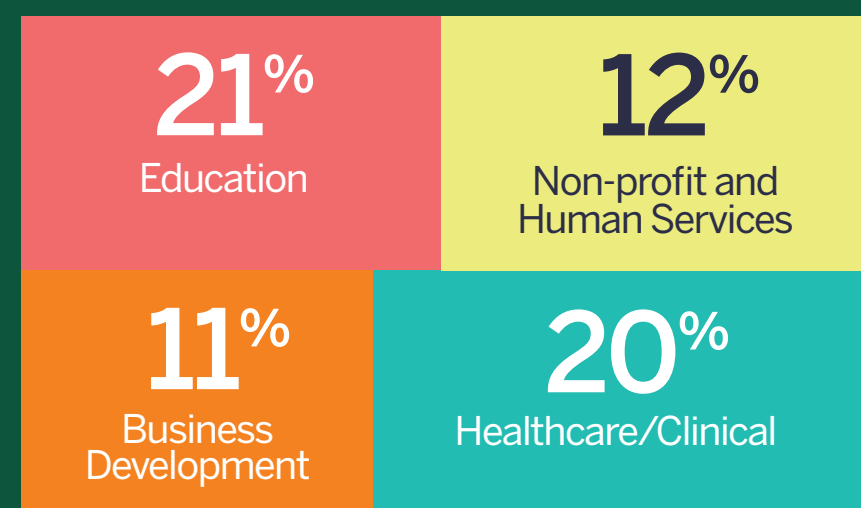
HOW TO USE THE ACTION PLAN

Use the Action Plan timeline to explore potential career paths and plan for success during and after your college experience. The Action Plan provides suggestions and a place to start the conversation with your advisor, but every person and every career journey is unique. Customize your own personal action plan using the **My Psychological Science Action Plan tool** (next page).

Maximize the time you have in college to prepare for your future. What do you want to do after you graduate with a multi-purpose Psychological Science degree?

The Action Plan helps you to come up with tentative goals (remember, it's ok if these change as you continue to learn more about yourself and the field!) so you can start working on short-term steps to help you reach those goals or shift directions. Remember, you do not have to do this all on your own, get the support you need from your department and from Student Support Services like **Career Services and Advising (CSA)**.

ALUMNI CAREER FIELDS



WHY CONSIDER AN INTERNSHIP?

- Develop essential research and analysis skills that will prepare you for future graduate study and/or careers
- Provide opportunities to apply classroom knowledge to solve real-life problems with tangible impacts
- Gain valuable collaboration and presentation skills by working out in the community or as part of a research team
- Build relationships with faculty and community supervisors who can serve as mentors as you prepare for graduate study and/or careers



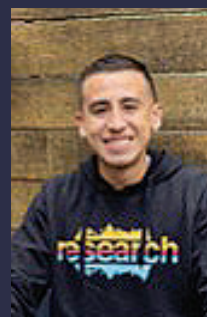
EXAMPLES OF PAST INTERNSHIPS & RESEARCH

- UMass Medical Center
- LUK Behavioral Health
- Fitchburg Public Schools
- Department of Children & Families
- "Parenting Stress in Parent-Child Interaction Therapy"
- "Career Needs of Psychological Science Students"

ALUMNI STORY STEVEN MARTINEZ, '17



The Psychological Science Department at Fitchburg State University was instrumental in shaping my career path. I always felt very supported by the departmental faculty. After graduating with a BS in Psychological Science, I worked as a research assistant at Yale University examining adolescent development and at the San Francisco VA Medical Center investigating how neurodegenerative diseases impact cognition. Currently, I am pursuing a doctoral degree in the Cognition and Neuroscience PhD program at Temple University. Ultimately, as a direct result of the supportive faculty and the high-caliber education that I received at Fitchburg State, I was able to gain rich research experiences that prepared me to thrive in graduate school and continue advancing my career.



Title: Doctoral Candidate in Cognition and Neuroscience at Temple University



CORE COMPETENCIES

Knowledge Base in Psychological Science: Describe foundational areas, key concepts, and significant theories, as well as applications of psychological science.

Scientific Inquiry, Critical Thinking, & Information Literacy: Utilize logical analysis and reasoning to answer questions/solve problems; interpret, design, and conduct research; locate credible sources of information and evaluate those sources using scientific reasoning.

Quantitative Reasoning: Analyze and interpret statistical information to increase psychological knowledge and draw conclusions.

Ethical & Social Responsibility: Apply ethical standards to evaluate research and practice; utilize scientific theory and research to enhance community and challenge discriminatory and unjust systems, structures, and policies.

Understanding of and Respect for Diversity: Demonstrate awareness, knowledge, and skills required to effectively engage with people from different cultures and diverse perspectives; consider sociocultural factors in scientific inquiry.

Communication, Interpersonal Effectiveness, & Teamwork: Build and maintain collaborative relationships by clearly and effectively exchanging information, ideas, and perspectives, while also appreciating diverse viewpoints; demonstrate effective writing and oral presentation skills.

Professionalism: Show the ability to develop meaningful career goals; demonstrate self-awareness and engage in reflection of strengths and areas of needed growth in regard to career development; seek out opportunities for professional growth.

Take a look at the suggested activities in the Action Plan below. You do not need to complete all these tasks, but it is a place to start generating ideas. Think about what you would like to work on now in order to feel well prepared to enter your career field or graduate school upon graduation. Use the blank My Action Plan tool with your advisor to come up with the action items that are priorities for you. Revisit and revise this action plan each semester.

FIRST YEAR

SOPHOMORE YEAR

JUNIOR YEAR

FINAL YEAR

ACHIEVE ACADEMIC MILESTONES

Begin to develop a 4-year course plan based on your career goals/interests.
Refer to the four-year academic plan and work with your advisor to ensure that you complete required gateway courses in the major.

Review your academic plans with your advisor.
Continue to take Psychological Science foundation and elective courses toward your major requirements.
Select Gen Ed courses that challenge and interest you and that allow you to integrate what you have learned (AIA course).
Consider pursuing a minor in an area that builds upon your interests.

Continue to complete Gen Ed courses in areas that challenge and interest you.
Continue to take Psychological Science foundation and elective courses toward your major requirements.
Talk to your academic advisor regarding internship requirements.
Complete courses for your minor if you have chosen to declare one.

Complete your capstone requirement (Independent Study, Practicum, Internship, or Advanced Seminar).
Be sure to complete all Psy Science and Gen Ed courses. Complete all minor courses if you have chosen one.
Reach the graduation requirement of 120 credits.

BUILD EXPERIENCE

Activate your Handshake account.
Find relevant part-time work or summer jobs.

Consider attending professional conferences such as the New England Psychological Association's annual conference.
Apply to summer and part-time jobs that will build relevant experience.

Consider working with a faculty member on their research or an independent project.
Attend events with employers on campus, including career fairs, and seek out opportunities to network within the Psychological Science department.

Pursue an internship. Apply the semester before you plan to complete your internship.

JOIN THE CAMPUS COMMUNITY

Join one or two university clubs and organizations that reflect your interests.
Attend campus events that interest you.

Consider becoming a campus tour guide, RA, peer-tutor, etc.

Look into presenting research at the FSU Undergraduate Research Conference (In Spring).
Talk to your professors about the requirements for joining PsiChi, the psychology honor society.

Consider joining PsiChi, the psychology honor society.

EXPLORE CIVIC & GLOBAL ENGAGEMENT

Volunteer on-campus or with local organizations

Talk with your advisor about the possibility of studying abroad

Consider presenting research at the UMass Undergraduate Research Conference (in Spring).
Take on leadership roles in any organizations you volunteer with.

Consider career opportunities with local, regional, national, or international service organizations.

PREPARE FOR LIFE AFTER GRADUATION

If you are unclear about your career goals, speak with your academic advisor and/or Career Services.
Attend career workshops within the Psychological Science Department.
Begin collecting materials for a professional portfolio.
Create a resume and have it reviewed by an advisor in the CSA Center.

Talk to your academic advisor about internship opportunities.
Start building your professional network by getting to know other Psychological Science faculty.
Continue attending career workshops within the Psychological Science Department.
Consider connecting with alumni for job shadowing and mentoring, or conduct informational interviews with professionals in fields of interest.

Consider creating a professional networking account such as LinkedIn.
If applicable, start researching graduate/professional schools and admissions requirements.
Begin approaching professors to serve as job references or to write letters of recommendation.
Consider joining the American Psychological Association (APA) and/or the Association for Psychological Science (APS) as a student member.

Develop a list of potential employers or graduate programs you wish to apply to.
If applicable, apply to graduate schools and take entrance exams in the fall.
Do mock job interviews at Career Services.
Work with Career Services to finalize your resume, portfolio, cover letters/personal statements, and any other materials needed to apply for jobs or graduate school.