



## PSYCHOLOGY

### Program Objectives

The Department of Psychology offers a Bachelor of Arts degree through the College of Science, Technology, and Health. Though psychology is both a behavioral science and a helping profession, most psychologists agree that graduate school is the appropriate site for professional training. As an undergraduate psychology major you will be introduced to the scientific study of basic psychological processes, principles and theories. There will not be an emphasis upon acquiring professional counseling skills.

The psychology major will take courses in general psychology, statistics, research methodology, biology and neuropsychology, sensory processes, cognition, social psychology, lifespan development and psychopathology, as well as courses that fulfill USM's general education requirements. Juniors and Seniors may also participate in independent projects, such as conducting research or assisting with faculty research/teaching.

Many of our majors use their knowledge of psychological processes in their work in social service agencies. This provides them with an excellent opportunity to explore a career in the helping professions. Our graduates frequently find careers in social work, human resources or sales and marketing. More and more students are entering graduate programs for counseling and other applied areas (occupational therapy), as well as experimental psychology.

### Degrees & Concentrations Offered

**Graduation Planner:** [usm.maine.edu/advising/degreeplanning](http://usm.maine.edu/advising/degreeplanning)

**Degree Offered:** Bachelor of Arts

**Major Offered:** Psychology

### Department of Psychology

Portland Campus, 506 Science Building  
(207) 780-4250

Web Address: [usm.maine.edu/psy](http://usm.maine.edu/psy)

### Career Possibilities\*

Art Therapist  
Attorney  
Author  
Business Management  
Career Counselor  
College/University Professor  
Community Organization Worker  
Corrections Officer/ Police Officer  
Criminalist  
Employment Counselor  
Family Counselor/Caseworker  
FBI Agent/ Intelligence Analyst  
Guidance Counselor  
Labor Relations  
Marriage and Family Counselor  
Personnel Trainer  
Psychiatric Technician  
Real Estate Sales  
Rehabilitation Specialist  
Researcher  
Sales  
Social Relations Counselor  
Social Worker  
Statistical Analyst  
Teacher

\* Additional education, training or experience may be required.

### Acquired Transferable Skills

Active Learning  
Active Listening  
Critical Thinking  
Instructing  
Judgment and Decision Making  
Learning Strategies  
Reading Comprehension  
Social Perceptiveness  
Speaking  
Writing

For more information on transferable skills go to:  
[usm.maine.edu/community-engagement-career-development/career-tools](http://usm.maine.edu/community-engagement-career-development/career-tools)

## What can I do with this major?\*

AREA	EMPLOYERS	INFORMATION/STRATEGIES
<b>Human Services</b> Counseling Psychotherapy Case Management Mental Health	Local government Senior citizens' centers United Way agencies Social service/nonprofit Hospitals/healthcare providers	<ul style="list-style-type: none"> <li>• Obtain essential practical experience</li> <li>• Be willing to relocate for increased job opportunities.</li> <li>• Become familiar with government hiring procedures.</li> <li>• Acquire knowledge of government and community</li> <li>• Obtain a graduate degree</li> </ul>
<b>Research</b> Social Research Market Research Data Analysis	Government agencies Non-profit organizations Universities and colleges Market research firms Consulting firms	<ul style="list-style-type: none"> <li>• Work with a professor on his or her research project.</li> <li>• Develop strong quantitative and statistical skills.</li> <li>• Obtain a graduate degree for greater opportunities.</li> <li>• Obtain related experience.</li> <li>• Get involved in the American Marketing Association.</li> <li>• Earn a graduate degree</li> </ul>
<b>Education</b> Teaching Student Affairs Administration	Public and private K-12 schools Colleges and universities Community instruction offered by government	<ul style="list-style-type: none"> <li>• Obtain a teaching certificate for public school positions</li> <li>• Secure strong personal recommendations.</li> <li>• Volunteer or work as a tutor.</li> <li>• Gain experience working with children or adolescents.</li> <li>• Acquire related experience</li> </ul>
<b>Business &amp; Industry</b>	Service providers Wholesalers Manufacturers Real estate companies Insurance companies	<ul style="list-style-type: none"> <li>• Be willing to start in a management-trainee program</li> <li>• In job searching, seek employers interested in hiring "any major."</li> <li>• Understand the top skills employers desire</li> <li>• Participate in student organizations and seek leadership roles.</li> <li>• Obtain relevant experience through internships or part-time</li> </ul>

\*To learn about these areas and much more visit: [whatcanidowiththismajor.com/major](http://whatcanidowiththismajor.com/major) • © 2011 What Can I Do With This Major

## Enrichment Opportunities

### Internships

For more information contact Dept. of Psychology  
[usm.maine.edu/community-engagement-career-development/internships](http://usm.maine.edu/community-engagement-career-development/internships)

### Study Abroad

For more information contact the USM Office of International Programs.  
[usm.maine.edu/international/study-abroad](http://usm.maine.edu/international/study-abroad)

### Clubs & Organizations

[PSI CHI National Honor Society](#),  
[The USM Psychology Club](#)  
 For a complete list of student organizations:  
[webapp.usm.maine.edu/pathways/list](http://webapp.usm.maine.edu/pathways/list)

### USM Corporate Partners

The USM Corporate Partners are over 350 business people, from nearly 100 companies. [usm.maine.edu/corporatepartners](http://usm.maine.edu/corporatepartners)

## Helpful Career Links

### **USMCareerConnections:**

USM's career network for job and internship searches. [usm.maine.edu/community-engagement-career-development/usmcareerconnections](http://usm.maine.edu/community-engagement-career-development/usmcareerconnections)

### **O\*NET OnLine:**

Learn more about a career opportunity by researching it with O\*NET. [onetonline.org](http://onetonline.org)

### **Occupational Outlook Handbook:**

Learn more about a career opportunity by researching it with OOH. [bls.gov/oooh](http://bls.gov/oooh)

### **PROFESSIONAL ASSOCIATIONS To name a few...**

[American Psychological Association](#)  
[Eastern Psychological Association](#)  
[New England Psychological Association](#)  
[Maine Psychological Association](#)



Office of Community Engagement and Career Development • [usm.maine.edu/cecd](http://usm.maine.edu/cecd)

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