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
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

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

<table>
<thead>
<tr>
<th>AREA</th>
<th>EMPLOYERS</th>
<th>INFORMATION/STRATEGIES</th>
</tr>
</thead>
</table>
| Human Services              | Local government, Senior citizens’ centers, United Way agencies, Social service/nonprofit, Hospitals/healthcare providers | • Obtain essential practical experience  
• Be willing to relocate for increased job opportunities.  
• Become familiar with government hiring procedures.  
• Acquire knowledge of government and community  
• Obtain a graduate degree                                                                                                                                 |
| Research                    | Government agencies, Non-profit organizations, Universities and colleges, Market research firms, Consulting firms | • Work with a professor on his or her research project.  
• Develop strong quantitative and statistical skills.  
• Obtain a graduate degree for greater opportunities.  
• Obtain related experience.  
• Get involved in the American Marketing Association.  
• Earn a graduate degree                                                                                                                                 |
| Education                   | Public and private K-12 schools, Colleges and universities, Community instruction offered by government | • Obtain a teaching certificate for public school positions  
• Secure strong personal recommendations.  
• Volunteer or work as a tutor.  
• Gain experience working with children or adolescents.  
• Acquire related experience                                                                                                                                 |
| Business & Industry         | Service providers, Wholesalers, Manufacturers, Real estate companies, Insurance companies | • Be willing to start in a management-trainee program  
• In job searching, seek employers interested in hiring “any major.”  
• Understand the top skills employers desire  
• Participate in student organizations and seek leadership roles.  
• Obtain relevant experience through internships or part-time                                                                                                                                 |

*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/ooh](http://bls.gov/ooh)

- **PROFESSIONAL ASSOCIATIONS To name a few...**
  - American Psychological Association  
  - Eastern Psychological Association  
  - New England Psychological Association  
  - Maine Psychological Association