Psych Major 101

Everything you’ve always wanted to know about the psychology major and more!
Welcome to the Psychology Department!

We are *impacted*....that means we have more students than space available.

Our students: Over 1500 OF THEM!

- Majors
- Minor
- Pre-Majors (less than 60 units only)
Who’s Who

Department Chair

Dr. David Whitney

Assistant Chair

Dr. Dan Chiappe
Who’s Who

Undergraduate Advisor

Dr. Amy Jennings

Lovely Office Staff

Marilyn Deegan & Connie McCarroll
Psychology Resource Office (PRO)

- Questions, concerns, advising appointments
- SRR (PSY 301, course syllabi)
- GRR
- CRR
- The PRO Guides!
- Handouts
- Videos
Psychology Building

- 1st Floor
  - Psy 100 Main Office
    - Forms, add/drop, withdraw

- 2nd Floor
  - Psy 206 PRO
    - Major/Minor apps, PSY 301, Syllabi

- 3rd Floor
  - Psy 314
    - Psych Student Study Center
Why Psychology?

- Psychology is the science of behavior. It seeks to understand the causes of behavior in individuals in terms of biological, environmental, social, and cultural variables.
- CSULB’s Psychology program is heavily statistical and research based.
- Largest major in the College of Liberal Arts.
Defining Human Development & Social Work

Human Development

- Studies the lifespan development within societal and cultural contexts
- Examines development primarily from the perspectives of
  - Anthropology
  - Biology
  - Psychology
  - Sociology

Social Work

- Aim to enrich the quality of life by helping individuals, groups, and communities reach a higher level of development and build a better and more just society for all
- Strive to change the various social institutions which are not meeting the needs of the people whom they are supposed to be representing
Human Development & Social Work Employment Opportunities

**Human Development**
- Human Resources
- School & Health Administration
- Elementary or School Teacher
- Educational Counseling
- Academic Advising
- Parent & Health Educator
- Program Evaluator
- Occupational/Physical Therapist
- Training and Development Specialists

**Social Work**
- Case Managers
- Recovery Support Coordinator
- Mental Health Assistant
- Social Services Assistant
- Group Home Worker
- Program Coordinator
- Activity Director
- Community Outreach Coordinator
- Care Coordinator
Getting Involved

Psychology Honors Program

- Requirements
  - Must be admitted to the major; all pre-requisite courses completed by end of semester
  - Minimum 3.25 overall GPA; 3.50 psychology GPA
  - Be able to commit for THREE semesters
  - Must have identified a faculty member willing to supervise their honors thesis project
  - To stay enrolled in program, must earn B” or higher in each Honors course to continue participation

Student Organizations

- PSA – open to all (PSY 314)
- Psi Chi – GPA Psych 3.4, Overall 3.0
- Human Factors & Ergonomics Society Student Chapter
- I/O
- PRO Guide
Volunteer Opportunities

Psych Related
- PSY 405 – Fieldwork
- PSY 406’s – Activity
- PSY 499 – Research
- CRR (inside Peer Advising)
- PSA/Psi Chi – Halloween Event
- Psych Day – Community Fair

On Campus
- SLD
- ASI

Make a Difference!
Clinical vs. Counseling Psychology

<table>
<thead>
<tr>
<th></th>
<th>Psychotherapy</th>
<th>Counseling</th>
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<tbody>
<tr>
<td><strong>Severity of Problem</strong></td>
<td>More severe</td>
<td>Less severe</td>
</tr>
<tr>
<td><strong>Nature of Problem</strong></td>
<td>Internal to self, Broad in scope</td>
<td>External to self, Narrow in scope</td>
</tr>
<tr>
<td><strong>Length of Problem</strong></td>
<td>Longer-Term</td>
<td>Shorter-Term</td>
</tr>
<tr>
<td><strong>Focus of Treatment</strong></td>
<td>Cure the problem</td>
<td>Restore functioning and growth</td>
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What are you doing to prepare yourself for Clinical grad school?
Developmental Psychology

- Study human growth and development throughout the lifespan including physical, cognitive, social, intellectual, perceptual, personality, and emotional.

- Specialize in specific ages and stages of life: infant, child, adolescent, adult, and elderly.

- Developmental Psychologists work in schools, learning centers, hospitals, mental health facilities, nursing and retirement homes.
• Developmental Psychologists must obtain a PhD or a PsyD

• The average yearly salary is $56,500

• Courses to consider
  PSY 361 - Child/adolescent Psychology
  PSY 365 - Psychology of Adulthood and Aging
  PSY 332 - Memory and Cognition
  PSY 351 - Social Psychology
  PSY 315 - Psychological Testing
  PSY 340 - Physiology of Behavior
  PSY 333 - Learning and Behavior
Educational Psychology

- Examine how humans learn in educational settings

- Examine factors such as:
  - Motivation
  - Intelligence
  - Study Habits
  - Organization
  - Perseverance
  - Response to success or failure

- Evaluate instructional methods such as:
  - Learning Outcomes
  - Teaching Materials
  - Curriculums
  - Assessment Methods
  - Use of technology and Media
• Educational Psychologists must obtain a doctoral degree PhD

• The average yearly salary is $67,000

• Courses to consider
  - PSY 363 - Developmental Psychology
  - PSY 361 - Child/adolescent Psychology
  - PSY 333 - Learning and Behavior
  - PSY 220 - Research Methods
  - Experimental Psychology
  - PSY 315 - Psychological Testing
  - Cross-Cultural Psychology
Forensic Psychology

What is forensic psychology?

- The production and application of psychological knowledge to the civil and criminal justice system.
- Generally it is the intersection between psychology and the law but forensic psychologists can perform many roles.
- Forensic psychologists provide their expertise to the judicial system; their knowledge is generally within the areas of clinical psychology, counseling psychology, neuropsychology, school psychology, or other applied areas within psychology.
- Other names for Forensic Psychology include Legal Psychology, Criminal Psychology, Psychology and the Law, Police Psychology, Correctional Psychology, and Investigative Psychology.

Roles that a forensics psychologists can fulfill:

- Performing assessments
- Providing treatment
- Consulting with attorneys, courts, and insurance companies
- Trial consultation
- Providing testimony
- Program development and administration

Common misconception about Forensic Psychology:

- Forensics psychologists DO NOT do Criminal profiling

• Interested in Forensic Psych? Courses to consider:
  - PSY 370 Abnormal Psychology
  - PSY 351 Social Psychology
  - PSY 495 Psychology and the Law
  - Minoring in Criminal Justice
• **Potential job settings with a degree in Forensic Psychology**
  - Research institutions
  - Government agencies
  - Academia
  - Correctional settings (jails and prisons)
  - Law enforcement agencies
  - Police departments
  - Court clinics
  - Hospitals
  - Private forensic psychology practice

• **What do forensic psychologists typically do?**
  - Competency (to stand trial) evaluations
  - Sentencing recommendations
  - Evaluations of the risk of reoffending
  - Testimony as an expert witness
  - Child custody evaluations

• **Average Salary**
  - Entry level with a Masters
    - Average $35,000 to $40,000
  - Entry level with a PhD
    - Average $60,000 to $70,000
  - Private practice
    - Average $85,000 to $95,000
**Human Factors**

**What is human factors?**

- An interdisciplinary area of psychology that applies the principles of psychology to design products and create work environments that increase productivity and decrease safety issues.

- Human factors is a field that seeks to improve system design by increasing usability, safety, and efficiency; this is done by studying human capabilities (and limitations) and applying this knowledge to improve product design.

- Other names for Human Factors include Ergonomics, Engineering Psychology, and Usability Engineering.

**Human Factors involves the fields of:**

- Anthropometry, mechanical engineering, industrial design, kinesiology, physiology, and psychology

**Why is Human Factors different?**

- It is applied psychology and therefore uses the knowledge we have about cognitive capabilities and perceptual processes and applies this knowledge to create a user-centered design.

**Courses to consider:**

- PSY 327I Introduction to Human Factors
- PSY 331 Sensation and Perception
- PSY 332 Human Cognition

**Interested in Human Factors?**

Courses to consider:

- PSY 327I Introduction to Human Factors
- PSY 331 Sensation and Perception
- PSY 332 Human Cognition
Where can Human Factors be applied?
- Human-computer interaction (HCI)
- Aerospace systems
- Aging
- Consumer products
- Medical systems
- Manufacturing
- Automobiles
- Mobile devices and applications
- Product design
- Error prevention
- And many more! Anywhere where humans interact with machines and technology.

Potential job settings with a degree in Human Factors
- Academia
- Industry
- Medical
- Government
- And again anywhere where humans interact with machines and technology!

Average Salary in Human Factors

Average Yearly Salary: $98,896 - $148,344
Average Starting Yearly Salary: $81,444 - $122,166
Average Top Yearly Salary: $116,348 - $174,522
What job settings can you work in with a degree in Human Factors?
Industrial/Organizational (I/O) Psychology

What is I/O?

Industrial organizational psychology is the branch of psychology that applies psychological theories and principles to organizations. Often referred to as I/O psychology, this field focuses on increasing workplace productivity and related issues such as the physical and mental well-being of employees. Industrial organizational psychologists perform a wide variety of tasks, including studying worker attitudes and behavior, evaluating companies, and conducting leadership training. The overall goal of this field is to study and understand human behavior in the workplace.

Why is I/O different?

While industrial organizational psychology is an applied field, basic theoretical research is also essential. With roots in experimental psychology, I/O psychology has a number of different sub-areas such as human-computer interaction, personnel psychology, and human factors.
Six Key Areas of I/O Psychology

According to Muchinsky (2000), most industrial organizational psychologists work in one of six major subject areas:

- **Training and development**: Professionals in this area often determine what type of skills are necessary to perform specific jobs as well as develop and evaluate employee training programs.
- **Employee Selection**: This area involves developing employee selection assessments, such as screening tests to determine if job applicants are qualified for a particular position.
- **Ergonomics**: The field of ergonomics involves designing procedures and equipment designed to maximize performance and minimize injury.
- **Performance Management**: I/O psychologists who work in this area develop assessments and techniques to determine if employees are doing their jobs well.
- **Work Life**: This area focuses on improving employee satisfaction and maximizing the productivity of the workforce. I/O psychologists in this area might work to find ways to make jobs more rewarding or design programs that improve the quality of life in the workplace.
- **Organizational Development**: I/O psychologists who work in this area help improve organizations, often through increasing profits, redesigning products, and improving the organizational structure.
What interested you in the field of I/O Psychology?
Marriage and Family Therapy

- Marriage and Family Therapists (MFTs) are relationship specialists who treat persons involved in interpersonal relationships. They are trained to assess, diagnose and treat individuals, couples, families and groups to achieve more adequate, satisfying and productive marriage, family and social adjustment. The practice also includes premarital counseling, child counseling, divorce or separation counseling and other relationship counseling. Marriage and Family Therapists are psychotherapists and healing arts practitioners licensed by the State of California. Requirements for licensure include a related doctoral or two-year master's degree, passage of a comprehensive written and oral examination and at least 3,000 hours of supervised experience.

- Psychotherapy services of licensed marriage and family therapists are, in many instances, eligible for insurance reimbursement. Marriage and Family Therapists are providers under the CHAMPUS program, and many are participating providers with Blue Shield of California as well as many other preferred provider organizations. A physician's referral is usually necessary.

- The terms "marriage, family and child counselors" (MFCCs) and "marriage and family therapists" are used interchangeably. All states who regulate the profession use the title, "marriage and family therapist."
School Psychology

- Improve students’ well-being by addressing developmental, emotional, social, and academic problems that interfere with their education.
- Assess students with special needs such as physical, emotional, and learning disabilities and assess the coordination of special education programs designed to assist them.

- Examine factors such as:
  - Adjusting to school
  - Academic Achievement
  - Mental Health
  - Substance Abuse
  - Social Relationships
  - Life Stress
• School Psychologists can earn a master’s MS, specialist EdS, or doctoral degree PhD
• To work in public schools, must be certified by the states in which they work
• National certification is granted by the NASP and requires a minimum of the specialist level degree and successful completion of the Praxis School Psychology Exam

• The average yearly salary is $62,200

• Courses to consider
  PSY 363 - Developmental Psychology
  PSY 361 - Child/adolescent Psychology
  PSY 333 - Learning and Behavior
  PSY 220 - Research Methods
  Experimental Psychology
  PSY 315 - Psychological Testing
  Cross-Cultural Psychology
What would you do as a School Psychologist?
Sports Psychology

- Sports psychology encompasses athletic performance and sports education.
- According to Division 47 of the American Psychological Association, Sports Psychology encompasses a range of topics including:
  - motivation to persist and achieve
  - psychological considerations in sport injury and rehabilitation counseling techniques with athletes
  - assessing talent
  - exercise adherence and well-being
  - self-perceptions related to achieving expertise in sports
  - youth sport and performance enhancement and self-regulation techniques
Degree Needed: Bachelor’s degree generally will get you an internship only.

Most positions require either a masters or a doctoral degree in the following fields:

* Clinical psychology
* Counseling psychology
* Sports psychology - as well as direct training and experience in applied psychology to sports and exercise.
Psy.D vs. Ph.D

Emphasis on Research vs. Practice  The PsyD is intended to prepare graduates for careers as practicing psychologists. The PsyD offers a great deal of training in therapeutic techniques and many supervised experiences; however, there is less of an emphasis on research than in PhD programs. As a graduate from a PsyD program you can expect to excel in practice-related knowledge and experience, and be familiar with research methodology, comfortable reading research articles and learning about research findings, and able to apply research findings to your applied work. PsyD graduates are trained to be consumers of research-based knowledge.

PhD programs are designed to create psychologists who can not only understand and apply research, but conduct it. PhD graduates are trained to be creators of research-based knowledge. PhD programs range in the emphasis they place on research and practice. Some programs emphasis creating scientists. In these programs students spend most of their time on research and much less on practice-related activities. In fact, these programs discourage students from engaging in practice. While PsyD programs emphasize creating practitioners, many PhD programs combine both the scientist and practitioner models -- they create scientist-practitioners, graduates who are competent researchers as well as practitioners. If you're considering a degree in psychology, keep in mind these distinctions so that you apply to programs that are appropriate to your interests and goals. Ultimately, if you think you might want to engage in research or teach at a college at some point in your career, you should consider a PhD over a PsyD because the research training provides more flexibility in career options.
• **Funding**
  - Generally speaking, PhD programs offer more funding than do PsyD programs. Most students who obtain a PsyD pay for their degrees with loans. PhD programs, on the other hand, often have faculty with research grants who can afford to hire students to work with them - and offer some combination of tuition and a stipend. Not all PhD students are awarded funding, but you are more likely to get funding in a PhD program.

• **Time to Degree**
  - Generally speaking, PsyD students finish their graduate programs in less time than do PhD students. A PsyD requires a specific number of years of coursework and practice, as well as a dissertation that usually requires that students apply research to a given problem or analyze the research literature. A PhD also requires a specific number of years of coursework and practice, but the dissertation is a more cumbersome project as it requires that students devise, conduct, write up, and defend an research study that will make an original contribution to the literature. That may take an extra year or two -- or more -- than a PsyD.

• **Bottom line**
  - Both the PsyD and PhD are doctoral degrees in psychology. Which you choose depends on your career goals, whether you wish a career solely in practice, or one in research or some combination of research and practice.
How and Why can Research Experience help me?

- Provides an opportunity to better understand the field of Psychology & how knowledge is acquired.
- Helps you to see what an academic-research career is like.
- Allows a chance to see if research is enjoyable, which is important in deciding if a research based graduate program is the right choice for you.
- Provides an opportunity to meet other dedicated students, which is the beginning of a networking system in academia.
- Helps you to know at least one faculty member in greater depth, resulting in personal advising & support in applying to grad school.
- Joint authorship on publications and conference presentations, adding to your background experience as an undergraduate student (VITA!).
- May lead to independent study units (PSY 499) or possibly a small stipend!
What do I need? (Academic qualifications)

**Minimum:**
- Completion of Psy 210
- Completion of Psy 220

**Preferred:**
- Completion of Psy 310
- Several upper division Psychology courses
- At least one upper division course in faculty research area
- Computer skills

**Ideal:**
- All of the above
- plus PSY 411 and/or 412.
- Enthusiasm
- Reliability
- Punctuality
- Honesty
What would I do?

- Most often:
  - Data collection
  - Data encoding
  - Data analysis
  - Literature reviews
  - Animal care
  - Computer data entry
  - Interviewing
  - Running subjects
  - Running statistical programs
Finding Research Opportunities

- Ask! (tenure, tenure-track)
- Take classes with the same faculty members
- Get to know your faculty, visit office hours
- Speak up in class
- Look at the department’s website (under people)
- Look at Psych Major Handbook – lists research interest
- Use PsycInfo – look up past publications
How did you get involved with research?
FINAL REMINDERS

Some good info you should know…
Funding (SSA)

- FAFSA
- Scholarships
- Fellowships
- Grants
- Loans

Be Aware!
Know your Options 😊
PRO Contact Info

► Visit us in PSY 206
► Email: psyugadv@csulb.edu
► Website: www.csulb.edu/colleges/cla/departments/psychology/pro
► Call us: 526-985-5680
► FaceBook: CSULB Psychology Department
► Twitter: @CSULBpsych
Psychology Department Website

Download Psych Major Handbook ASAP!

Check for:
• Forms
• Handouts
• Events
• Updates
• Contact Info
• Equivalents
On Campus Resources

- Peer Advising (Psy 206)
- ATLAS for Undergraduate Advising (PH1-104)
- CDC – job & internship info
- CAPS – free counseling & help with stress
- Learning Assistance Center – free tutoring
- Library – tons of resources (including PsycInfo!)
- Writer’s Resource Lab – free help w/ writing
Psychology Student Center

Now Open!
Room 314

Study!
Writing Help!
Work on Group Projects!
Visit your GA!

Hours:
Monday-Thursday
10:00am-5:00pm
Thank you!!!

Questions?