



# PSYCHOLOGY

## Typical Recommended *career-Tracker* Sequence



### First Year

- <sup>1</sup>Upload your resume to SJU*careers*. Start your relationship with the CDC.
- Attend 1 Psychology Club or Psi Chi event each semester.
- CDC Workshops: Learn tips and prepare for networking events and interviews (e.g., dress for success, career fair workshop, etc.).
- Attend the Talk with Hawks for: Science & Health, Marketing & Communication, Education & Social Impact. Start developing networking skills.

### Sophomore Year

- Mock Interviews & Resume Critique: get feedback to enhance your professional presence and interviewing skills.
- Leverage your network. Ask 6 different psychology members (upperclassmen, graduate students, faculty) 6 different questions (internships, research opportunities, etc.).
- Regularly attend Psychology Club and Psi Chi events and get engaged. Provide service to psychology (e.g., support the management of an event).
- Attend an on-campus research event (e.g., Sigma Xi).
- Consult with your advisor about doing an internship. Attend an internship information session.
- Attend a Career Fair. Continue to develop networking skills.
- Speak to faculty about research opportunities and the summer scholars program.

### Junior Year

- Attend the Talk with Hawk Series for Science & Health, Marketing & Communication, Education & Social Impact. Learn from alumni: What worked for them; What they would have done differently. Network!
- Etiquette Dinner: learn the "Do's and Don'ts" of workplace dining and dinner conversation.
- Attend the Psychology talk "The Scoop on Getting into Graduate School" (Fall)
- Consider applying for the 5-year program. Attend the information session (Fall) and apply by March 1 (Spring).
- Attend the Psychology Doctoral Panel (Fall)
- Attend the Psychology Career Panel (Spring)
- Apply for Psychology Club or Psi Chi officer position and/or manage an event.
- Obtain professional work experience (e.g., internship).

### Senior Year

- Integrate academic excellence with networking: Attend networking nights and career fairs.
- Obtain professional employment. Start your career!

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<sup>1</sup> Refer to the Resumes and Letters section of [www.sju.edu/careers](http://www.sju.edu/careers) for tips and samples. Bring your resume and cover letter to a CDC Drop-In Center for a quick review by a career counselor.

# CDC - Psychology *career-Tracker* Highlighted Events

## <sup>2</sup>Psychology Department Events

**Doctoral Panel** – Success stories and advice from Psychology alumni. They will share their strategies on applying and getting into doctoral programs, as well as how to be a successful doctoral student.

**Career Panel** - Come hear success stories from a panel of Psychology alumni who have pursued diverse careers. Fellow Hawks will share their strategies for launching your career, how to be a competitive candidate, and how to get the most out of internship experiences.

## <sup>3</sup>Career Development Center (CDC) Events and Services

**Internship/Career Kickstart** - Schedule a meeting with a Career Counselor (call 610-660-3100) to identify and review job search resources specific to your career interests and goals (e.g., SJUcareers, Career Fairs, On-Campus Interviewing, networking).

**How to Land the Perfect Internship** - Are you interested in getting an internship and not sure where to begin? How will you find one that's right for you? What will employers expect? How can you prepare to stand out as an applicant? Come to this info session to jumpstart your plans.

**Network online with a Hawk alumnus** via SJUConnects.

**Advice from the Internship Insiders Panel Discussion** - Come hear success stories from a panel of students who have already completed internships. They will share their strategies for finding internships, how to be a competitive candidate, and how to get the most out of the experience.

**Get Started on LinkedIn** - Create a LinkedIn account and profile. Explore the quick tips on getting started at [www.students.linkedin.com](http://www.students.linkedin.com).

**Employer Drop-In Hours** - Get advice on your resume from recruiters who screen resumes—just in time for the career fair. Stop by with your resume, or career related questions.

**CDC Mock Interviews** - Hone your interviewing skills with a real recruiter and learn your interviewing strengths and weaknesses through a mock interview. Mock interviews can also be scheduled with a CDC career counselor.

## CONTACT or VISIT the CDC

Career Development Center: located in the tan building behind the Maguire Wolfington Welcome Center (undergraduate admissions building) | [careerhelp@sju.edu](mailto:careerhelp@sju.edu) | Call (610) 660-3100 for appointments | @SJUcareers | Drop-In Hours for Resume/Cover Letter Critiques and Quick Questions: Monday – Friday while classes are in session from 1:00 – 4:00 *pm* | Facebook: Career Development Center Saint Joseph's University

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<sup>2</sup> These events were all offered in 2016-17 and are indicative of the events typically offered to support your career development. Events are planned and scheduled based upon interest, feedback, and available resources.

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