

What can I do with a degree in Psychology?

Career planning: what do I need to know?

Knowledge of yourself is important for career decision making. Start by looking at your personal goals, abilities, values and interests to explore study and career options that are relevant to you. Some of these may change over time, so it is important to self-reflect and evaluate your career on an ongoing basis.

What do employers look for?

Many employers look for generic skills such as communication, customer-focus, bicultural competence, cultural awareness and teamwork. With technology and globalisation changing the nature of society, skills such as resilience, problem solving and adaptability are valuable at work as well as in life.

How can I develop these skills?

- Some skills are developed through your degree

- Extra-curricular activities can help, for example getting involved in clubs, mentoring, cultural groups, part-time work or volunteering
- Be open to professional and personal development opportunities. Whether it is undertaking an internship, overseas exchange, skills seminar, or joining an industry group – these activities will enhance your employability.

What else should I know?

The career options in this brochure are examples only and the list is not exhaustive. Some careers may require further study beyond a first degree or additional work experience. Some pathways and degrees have a recommended school background.

Find more subject details at
www.canterbury.ac.nz/subjects/psych

If this brochure does not answer your questions, talking to an expert such as a career consultant can help you to identify the next steps in your career decision making journey.

www.canterbury.ac.nz/careers

What is Psychology?

Psychology is the scientific study of behaviour and associated biological, cognitive and social processes in humans and other animals. It is a rapidly developing field touching on all aspects

What skills have UC graduates gained?

Through their Psychology degree, graduates gain a valuable set of transferable skills such as:

- Independent and innovative thinking
- Critical analysis of psychological issues
- Ability to apply methods, findings and theories
- Ability to distinguish genuine findings from implausible claims
- Understanding and valuing diversity
- Designing and conducting research
- Evaluating various sources of information
- Problem solving
- Oral and written communication
- Cooperation, teamwork and leadership
- Statistical and computer competencies.

Applied learning opportunities are available such as laboratory sessions, fieldtrips and

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What jobs and activities do UC graduates do?

Graduates with this degree are employed in a range of jobs from intern psychologist to policy analyst – see some examples below.

Note: Some of the jobs listed may require further study at postgraduate level (those marked with an * require this). See also 'Further study' on this page.

Human resources / recruitment officer

- Advertises vacancies and recruits staff
- Advises on workplace policies and procedures
- May oversee staff development, health and safety, pay and reward etc.

Clinical psychologist*

- Administers psychometric tests, conducts interviews and observes interactions
- Assesses and reports on a client's personality, behaviour, strengths, weaknesses and needs
- Provides therapy or treatment to effect positive change and monitors progress
- Runs group therapy, workshops and courses
- Works alongside other professionals eg, doctors

Social / youth / support / case worker

- Provides support and guidance to young people, individuals and whānau
- Builds relationships and links people to resources, services, groups and events
- Develops programmes and reports on client behaviour, strengths, weaknesses and needs
- Runs group therapy, workshops and courses
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Develops programmes and reports on client behaviour, strengths, weaknesses and needs

Useful links

- Te Rāpapa Rapuara UC Careers
www.canterbury.ac.nz/careers
- Careers New Zealand
www.careers.govt.nz
- Mahi Hauora Kiwi Health jobs
www.kiwihealthjobs.com
- UC Courses
www.canterbury.ac.nz/courses

Why did you study Psychology?

Psychology is useful, relevant, challenging and has real-world application. I was motivated to study it to gain a better understanding of myself and the people around me. This skill is transferable and advantageous to any job setting.

I am also passionate about the welfare of vulnerable children and adults. I chose to study Clinical Psychology to ensure that my values aligned with my career.

What is your favourite thing about being a clinical psychologist?

For me being a clinical psychologist is an extremely valuable and privileged role where people express their deepest concerns, fears and hopes, and entrust us to guide them to a positive transformation.

Did you gain any work experience during your studies?

I was an Intern Psychologist at Matapuna Special Treatment Unit at Christchurch Men's Prison for one year. This was the final aspect of my three-year Postgraduate Diploma in Clinical Psychology and it allowed me to put together theory and practice.

What did the internship involve?

I was involved in delivering an intensive group-based programme for high-risk violent offenders.

The treatment was set in a 'Community of Change' environment whereby people in the unit were expected to engage in meaningful activities that resemble life outside of prison.

The main aim of treatment included facilitating offenders to gain insight into underlying patterns of their offending, recognise offence-related thoughts and learn skills to successfully manage high-risk situations in the community.

How did you feel supported during your studies?

The lecturers and researchers I have worked with have gone above and beyond in their roles to support my learning. Their passion and continued support helped me enormously when I struggled with the course content or workload.

Read more online

Read more stories about our students' university experiences online. UC alumni make a difference in varied ways around the globe. To find out where graduates are now visit www.canterbury.ac.nz/getstarted/whyuc/student-profiles

The information in this brochure was correct at the time of print but is subject to change.

Information

For more information on applying for study advice.

Christchurch | School of Psychology, 100
The Terrace

Our courses promote an understanding of human behaviour, as well as analytical skills, both of which are essential skills.

We support both teaching and research. Our scholarship garners international recognition and makes a difference to peoples' lives. We are a vibrant and lively community.

careers@canterbury.ac.nz

www.canterbury.ac.nz/study/subjects/

Anyone seeking careers advice.

Te Rāpapa Rapuara | UC Careers

UC offers intending and current students and recent graduates a wide range of services, including individual career guidance, seminars, career resources and student and graduate employment opportunities.

T: +64 3 369 0303

E: careers@canterbury.ac.nz

www.canterbury.ac.nz/careers

Prospective students seeking study advice.

Te Rāpapa Takawaenga | Student Liaison

The liaison team provide advice to future students who are starting their degree for the first time. They can assist with information on degrees, scholarships, accommodation, and other aspects of university life. We have offices in Christchurch, Auckland and Wellington.

Christchurch | Christchurch

T: 0800 VARSITY (0800 827 748)

E: liaison@canterbury.ac.nz

Auckland | Maki Makaurau | Auckland

T: 0800 UCAUCK

E: auckland@canterbury.ac.nz

Wellington | Whanganui-a-Tara | Wellington

T: 0800 VARSITY (0800 827 748)

E: wellington@canterbury.ac.nz

www.canterbury.ac.nz/liaison