

**Careers in Psychology: What can I do with a  
Major in Psychology or a Minor in Psychology?  
Department of Psychology & Counseling  
Department of Health and Kinesiology  
Northeastern State University (Tahlequah, Broken Arrow, & Muskogee)**

The truth is that a bachelor's degree in psychology could lead to immediate employment in fields like marketing, teaching, or human resources, or it could be coupled with a graduate degree and lead to careers in counseling, social work, or occupational therapy.

Professional Area/Job Titles	Potential Employers	Action Plan
<ul style="list-style-type: none"> <li>➤ Community health organizer</li> <li>➤ Family support worker</li> <li>➤ Activity/recreation director</li> <li>➤ Administrator</li> <li>➤ Advertising Sales Representative</li> <li>➤ Retirement facility program director helping with physical and mental health</li> <li>➤ Community center program coordinator helping individuals cope and manage with health issues</li> <li>➤ Early child development interventionist</li> <li>➤ Alumni Director</li> <li>➤ Animal Trainer</li> <li>➤ Career/Employment Counselor</li> <li>➤ Caseworker</li> <li>➤ Claims Supervisor</li> <li>➤ Corrections Officer</li> <li>➤ Disability Policy Worker</li> <li>➤ Psychiatric Aide/Attendant</li> <li>➤ Psychiatric Technician</li> <li>➤ Psychological Stress Evaluator</li> <li>➤ Psychosocial Rehabilitation Specialist (PSR)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Federal and State Government, non-profit and for-profit agencies designed to serve children, youth, families, seniors, and communities</li> <li>➤ Maternal health agencies, hospitals, home health, long-term care agencies</li> <li>➤ Military family support services</li> <li>➤ Human Services</li> <li>➤ Senior day program centers</li> <li>➤ Offices of aging</li> <li>➤ Substance abuse prevention programs</li> <li>➤ Vocational rehabilitation/job training agencies</li> <li>➤ Research institutes</li> <li>➤ Family/Children centers</li> <li>➤ Legislative advocacy groups</li> </ul>	<ul style="list-style-type: none"> <li>➤ Take counseling, therapy, psychology, and courses in specific populations of interest (e.g., aging)</li> <li>➤ Pursue a bachelor's degree in Psychology or Minor in Psychology</li> <li>➤ Pursue master's degree if goal is being a counselor, or psychotherapist.</li> <li>➤ Volunteer in an Adult Mental Health and Development Program</li> <li>➤ Volunteer in a Children's Mental Health facility</li> <li>➤ Volunteer in a Women's Mental Health facility</li> </ul>
<p style="text-align: center;"><u><b>Law</b></u></p> <ul style="list-style-type: none"> <li>➤ Advocate, child/family health</li> <li>➤ Lobbyist</li> <li>➤ Politician</li> <li>➤ Mediator</li> <li>➤ Policy makers</li> <li>➤ Researcher</li> </ul>	<ul style="list-style-type: none"> <li>➤ Community centers</li> <li>➤ YWCA, YMCA</li> <li>➤ Summer camp programs</li> <li>➤ Clubs and classes for children</li> <li>➤ Programs for people with special needs</li> <li>➤ Family support centers for health issues</li> <li>➤ Parenting education programs</li> <li>➤ Cooperative Extension</li> <li>➤ Local governments</li> <li>➤ Jobs programs</li> </ul>	

<p><b><u>Community Services</u></b></p> <ul style="list-style-type: none"> <li>➤ Counselor</li> <li>➤ Youth development worker</li> <li>➤ Sexuality educator</li> <li>➤ Parent educator</li> <li>➤ Program administrator/director</li> <li>➤ Crisis/hotline worker</li> <li>➤ Grant-Writer</li> <li>➤ Program Evaluator and researching (MS Counseling)</li> <li>➤ Outreach Worker/Case Worker</li> </ul>	<ul style="list-style-type: none"> <li>➤ Childcare centers</li> <li>➤ Child development centers</li> <li>➤ Head Start programs</li> <li>➤ Parenting, outreach programs, and family life education</li> <li>➤ Health and wellness prevention settings</li> <li>➤ Cooperative Extension</li> <li>➤ Family daycare</li> <li>➤ Social/emotional/health skills programs</li> <li>➤ School-based programs</li> <li>➤ University academic</li> </ul>	<ul style="list-style-type: none"> <li>➤ Gain relevant experience as an intern, part time employee or volunteer</li> <li>➤ Develop wide range of skills in the arts, sports, activity leading, and workshop leaving</li> <li>➤ Visit model programs that interest you</li> <li>➤ Investigate positive youth development models</li> </ul>
<p><b><u>Education</u></b></p> <ul style="list-style-type: none"> <li>➤ Program evaluator</li> <li>➤ Advocate/policy analyst</li> <li>➤ Family resource coordinator</li> <li>➤ After school program director</li> <li>➤ Curriculum developer</li> <li>➤ School counselor (BS/MS)</li> <li>➤ Family support counselor for parents of children with special needs</li> <li>➤ Educational researcher (PhD)</li> <li>➤ Alternative certification in Social Sciences</li> </ul>	<ul style="list-style-type: none"> <li>➤ Nonprofit child/family research/advocacy organizations</li> <li>➤ Policy “think tanks”</li> <li>➤ State legislature</li> <li>➤ International organizations</li> <li>➤ Human rights organizations</li> <li>➤ All levels of government:</li> </ul>	<ul style="list-style-type: none"> <li>➤ Gain experience working with children and adolescents via part-time work, internships, and volunteering in community or religious settings</li> <li>➤ Consciously apply and create ways to help people make the behavior choices that induce good health and prevent illness.</li> <li>➤ Collaborate with those in public office to become familiar with the impact of social and family policies on constituents</li> </ul>
<p><b><u>Policy</u></b></p> <ul style="list-style-type: none"> <li>➤ Mental Health policy and practice</li> <li>➤ Legislator</li> <li>➤ Lobbyist/advocate</li> <li>➤ Researcher (PhD)</li> </ul>		<ul style="list-style-type: none"> <li>➤ Read and discuss the news regarding legislation and social health program funding</li> <li>➤ Develop professional opinions to deepen arguments used for and against governmental social programs</li> <li>➤ Attend public mental health events through the Mental Health America <a href="https://mhanational.org/">https://mhanational.org/</a></li> </ul>

## **Suggestions for your Action Plan:**

- Obtain a bachelor's degree in Psychology or a minor in Psychology while maintaining a good academic G.P.A.
- Develop good public speaking along with good verbal and written communication skills
- Acquire leadership roles in religious settings, organizations, and/or clubs
- Volunteer at work sites of interest and/or communicate with workers in the field(s) you are exploring
- Research information about occupations along with future earnings potential on the U.S. Department of Labor website
- Pursue opportunities to work with diverse populations and cultures
- Seek out undergraduate research experience opportunities
- Remain current with the news: local, state, and international programs
- Familiarize yourself with medical and mental health policy legislation
- Visit with your NSU Academic Advisor regularly to discuss your degree and career plans

## **Psychology Career Resources:**

- [Academy of Behavioral Medicine Research](https://academyofbmr.org/) <https://academyofbmr.org/>  
ABMR is an organization whose mission is to connect scientists and researchers in the field of behavioral medicine.
- [American Board of Counseling Psychology and American Academy of Counseling Psychology](https://abpp.org/Applicant-Information/Specialty-Boards/Counseling-Psychology.aspx) <https://abpp.org/Applicant-Information/Specialty-Boards/Counseling-Psychology.aspx>  
These two associated organizations are concerned with the advancement of counseling psychology as a science and practice. Both are affiliated with the American Board of Professional Psychology and its board certification program.
- [Journal of Mental Health & Clinical Psychology \(JHMC\)](https://www.mentalhealthjournal.org/) <https://www.mentalhealthjournal.org/> This is an open access journal that publishes research papers dealing with all aspects of depressive, anxiety
- [Local Organizations With Mental Health Expertise](https://www.mentalhealth.gov/talk/community-conversation/services) <https://www.mentalhealth.gov/talk/community-conversation/services>. These organizations can help coordinate a community event, locate speakers who have expertise in mental health, offer peer and family supports, and provide general information on mental health as well as treatment, and available services for mental health issues.
- [American Psychological Association \(APA\)](https://www.apa.org/) <https://www.apa.org/> professional organization of psychologists in the United States founded in 1892. It is the largest organization of psychologists in the United States as well as in the world. The association also works to raise awareness of psychology as a science.

**For more information, please contact Dr. Kirk at [kirkj@nsuok.edu](mailto:kirkj@nsuok.edu) or call 918-444-3015 to set up an appointment with a Psychology faculty member.**