

Fall 2022
Dr. Norcross

PSYC 390
1 credit

Career Development in Psychology

Evaluation Process:

Your performance in this seminar will be assessed via the August reading quiz, 5 additional quizzes, 4 assignments involving moderate work (10 points each), and 5 briefer assignments (worth 5 points apiece). You will have a quiz, an assignment, or both due each class. The quizzes will be administered at the beginning of the class; makeup quizzes are not

The **Self-Authoring paper** is a combination of expressive writing and goal setting. This assignment has produced positive career effects and perhaps reduced gender, SES, and racial disparities in course performance (Schippers et al., 2015). What keeps your engine running and what gets you up in the morning? Where is your happy place? What stands between you and your career dreams?

Find a location where you can thoughtfully reflect and write for about one hour. Don't get hung up initially on how you are saying things; instead, get your thoughts out in any form they choose to move from your brain to paper/computer. "Reflect, imagine, and daydream" about your future. Think about and write on each of the following relative to your life:

1. What is ONE thing that you would like to do better? (5 min)
2. What do you want to learn in this course over the semester? (5 min)
3. Which personal habit affecting your career would you like to improve? (5 min)
4. How would you like to spend your leisure time in more meaningful ways? (5 min)
5. Write about your ideal life. Hopefully, a life that is "honorable, exciting, productive, creative, and decent." (15 min)
6. Write about the life you would like to avoid. What might happen to you if you fail to create, pursue, and achieve worthy goals? (15 min)

Compile your answers, eliminate redundancies, polish the prose, and structure it as a paper using the numbers 1 – 6 (no need to repeat the questions in your paper). One paragraph per answer, please. Maximum of 2 double-spaced pages.

For the **Career Plan** select two desirable career paths, either baccalaureate-level or graduate-degree, in or outside of psychology. Please access your CAPP sheet or DegreeWorks to as

Go to www.linkedin.com/home and click “join now” in

upper right-hand corner

- Top right – click on your profile
- Click view profile
- Add information by clicking the + icon on the top right corner of the desired section
- Edit by clicking on the pencil icon in the top right corner of the desired section
- Enter information manually. Include your middle initial.
- Optional: Attach your CV or Resume in the “About” or “Experience” section (remember to attach it again after you receive feedback on it and revise it later in the semester)

- Create a captivating headline, like a newspaper headline. Find some exemplars here: www.jobscan.co/blog/impactful-linkedin-headline-examples/
- Write your profile text (50 – 100 words)

What is the probable salary range for this occupation?

What is the most valuable piece of advice you can give?

What skills did you acquire through experience that you didn't learn in school?

Are you still challenged and stimulated by your job?

What was your biggest misconception about your profession?

What do you know now that you wish you had known earlier?

Course Calendar and Assignments: