



BROUGHT TO YOU BY THE PSYCHOLOGY  
DEPARTMENT

# Getting the Most Out of UCSC Psych Department and Your Future



Presented by: Madeleine Schlieter

# OUTLINE OF THE DAY

## MAIN TOPICS

I have put links to resources throughout the presentation. When we send out/post it, click around and check it out!



Welcome  
Who am I?

Why should I get involved?  
Generally get the most out of college  
What can I do with this degree  
It's all in how you frame it  
Psychology department majors

Field Study  
Research labs  
Senior thesis  
Clubs and groups  
Volunteer  
Study abroad  
Honors awards  
Questions



COLLEGE:  
A WORTHY INVESTMENT

**An investment  
in knowledge pays the  
best interest.**

- Benjamin Franklin





# Who am I?

My name is Madeleine Schlieter

I am a ...

Third year majoring in Intensive Psych and Cog Sci

Peer advisor



RA in Ben Storm's lab

Intern at Haven of Hope

UCSC WPA student representative

RA in Phil Hammack's lab

Santa Cruz public library volunteer



# Why should I get involved with the Psychology Department?

First and Foremost: because you want to  
right now!

Is it something you see adding to your life  
IN THE PRESENT



# GENERAL WAYS TO GET THE MOST OUT OF COLLEGE

From Light (2001) "Making the Most of College"

- Study in groups or pairs
- Most important skill to learn is time management
- Supervised independent research projects and working internships offer the most learning and greatest challenges
  - Think research labs, field study, independent study and senior thesis!
- Encounters with students of different backgrounds, races and religions, can be taxing but ultimately illuminates experiences of diverse student body



# WHAT CAN I DO WITH MY PSYCH DEGREE

So many great things!

- The following is a breakdown from the APA with percentages of where those with a Psych degree work
  - Research: academia (57%), business/government (29%), health care (10%), and schools/educational (4%). Health Services: hospitals (19%), academia (18%), other human service (15%), business/government (14%), independent practice (11%), and managed care (9%)
- Ultimately many doors get opened and it's all about what you're into, hopefully I can help illuminate different ways of exploring this
- Check out Career Center resources



# GENERALLY GETTING THE MOST OUT OF PSYCH OPPORTUNITIES

## What's the point?

- All about mindset
  - Learning new things
  - Broaden horizons
  - In ANYTHING you do, take note of specific likes and dislikes and see what careers and opportunities these translate to
- How you market it
  - You can always get something out of an experience, market the skills you learned on your resume and in interviews
- What if I hated everything about it?
  - Still useful! Now you know at least one thing you don't want to do, tried new things, can be used as a way of showing why you want to do thing X even more





# PSYCHOLOGY DEPARTMENT MAJORS

## General Psychology

- Receive a BA in Psychology

## Intensive Psychology

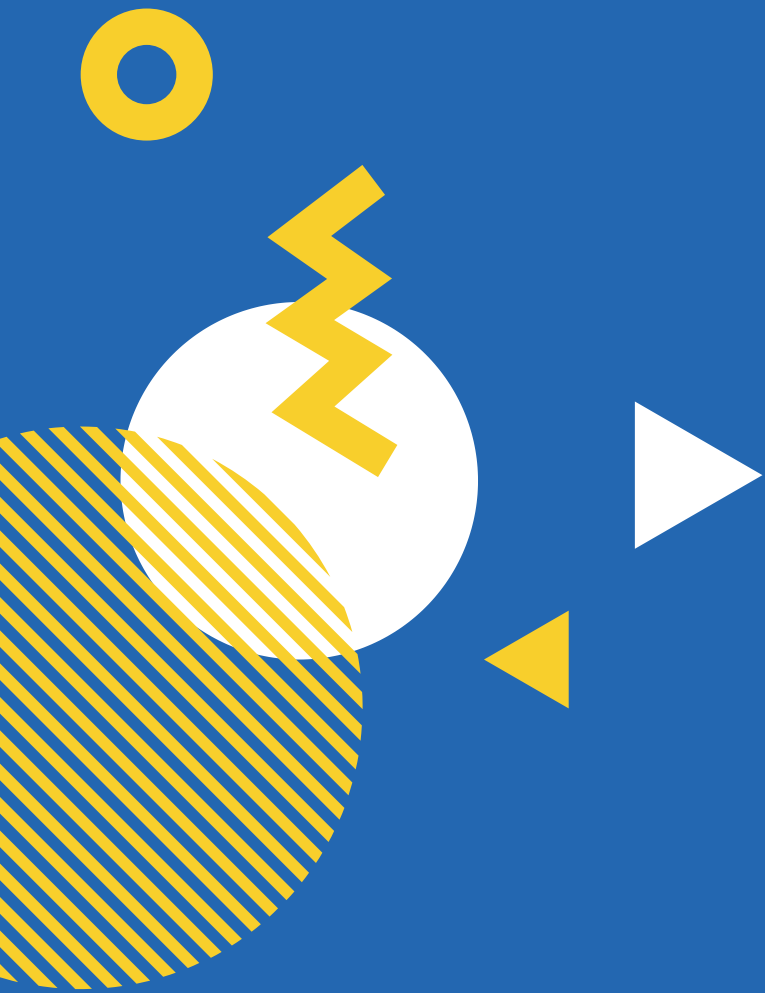
- Receive a BA
- Additional requirement of Research, Field Study, or Senior Thesis
- Advantageous for grad school

## Cognitive Science

- Receive a BS
- Interdisciplinary major helpful for getting into many fields

# PSYC 193 - FIELD STUDY

- Community based internship
- Most valuable for students wanting to look at their course work in psychology from a hands-on perspective
- Placements are available in over 120 different non-profits, schools or government agencies
  - Teacher's aid, social work intern, mentor, public defender's office, those with mental illnesses and substance abuse histories
- Getting involved
  - Junior and senior standing, go to an info meeting, apply, 2-quarter commitment



# PERSONAL EXPERIENCE AND WHY TO GET INVOLVED

- Haven of Hope and Peer Advising
  - My experience and what I've learned
- Reinforce what you are learning in class
- Real world experience
  - figure out if you like what you think you do or realize you're not into it, both outcomes are helpful!
- Some placements offer students jobs after!
- Show employers and grad school your dedication to going the extra mile
- Make connections with faculty and organizations in the community

I've learned so many things at field study. initially i only got involved with an academic outlook, but i think that it's actually helped me become more empathetic and i feel like i've been made into a better person from having gone through the experience. its also reminded me, from being around kids, that people are essentially good which is hard to remember sometimes. can't get any better than that! :) -- student placed with an Elementary School Counselor



## PSYC 194 - RESEARCH LABS

- Work with a faculty member on their research as a research assistant
- Meet with faculty, grad students, other undergrads to discuss research and work on projects
- Understand how to conduct research with help of those around you
- Developmental, cognitive and social opportunities
- Getting involved
  - Each faculty may have slightly different requirements, PSYC 100, check posting online and outside psych office, do well in class, talk with professors and grad students



# PERSONAL EXPERIENCE AND WHY TO GET INVOLVED

- Ben Storm and Phil Hammack labs
    - My experience and what I've learned
  - Prepare for grad school
  - Figure out if you enjoy research, also useful to find out you don't!
  - Make connections with faculty and grad students (letters of rec)
  - Depending on lab open doors to other fields
    - Out of Ben's lab I have seen people go to Google and interview with Facebook and Instagram
  - Grad programs "recommend" but don't require research, but without it chances of getting in decrease
- Show commitment and build related skills - resume building!

# PSYC 195 - Senior Thesis



## The Basics

Work on a project with faculty/grad students, write a paper and have it reviewed

## The real deal

Even more in depth exploration of a topic of interest and relationship with faculty

## Who and why?

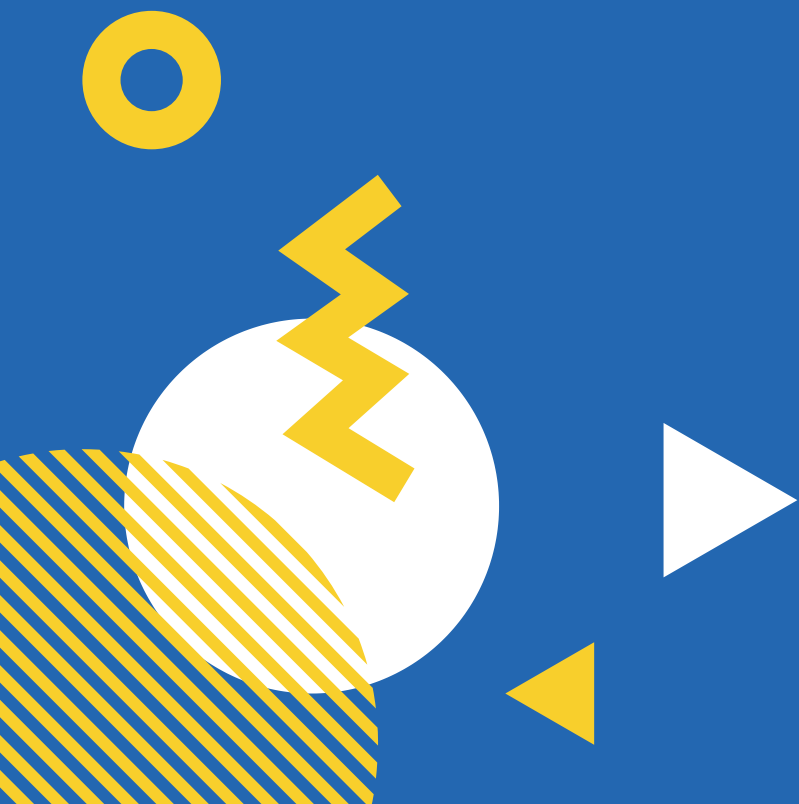
Great for those that have a research interest in mind looking into grad school

## Getting involved

Find a faculty to sponsor you, complete an application found in the Psych office

# WHY TO GET INVOLVED

- Get more in depth experience conducting own research
  - Being an RA might be a useful experience before diving all the way in
  - Find out if you enjoy taking charge of research project... or you don't!
- Build analytical and time management skills - these are useful for anything!
- Demonstrate commitment
- Letters of recommendation and valuable relationships
- Build knowledge of related fields
  - get name out in the field you are interested in
- Possibly publish or present research
  - SUPER GREAT FOR GRAD SCHOOL
  - Presentation opportunities
  - Presentations and posters



# CLUBS AND GROUPS



Psi Chi



Cognitive Science  
Student Association



Undergraduate  
Neuroscience Club



EachMind Matters



# WHY TO GET INVOLVED

- clubs and groups are a great way to get involved around campus
- get to know people with the same interests and probably in the same classes
- learn how to network
- learn about opportunities after college
  - get help with grad school
  - Career advice
- create a sense of community
- help out in the greater community
  - clubs often to events outside the university
- add to your resume
- have fun!



# VOLUNTEER!

If all else fails, you can't get into a program offered by UCSC get involved by volunteering.

To the right are just a few ways to get involved in Santa Cruz



**FRIENDS OUTSIDE**  
GIVING HOPE AND RESTORING JUSTICE



**COMMUNITY CONNECTION**  
PROVIDING MENTAL HEALTH WELLNESS

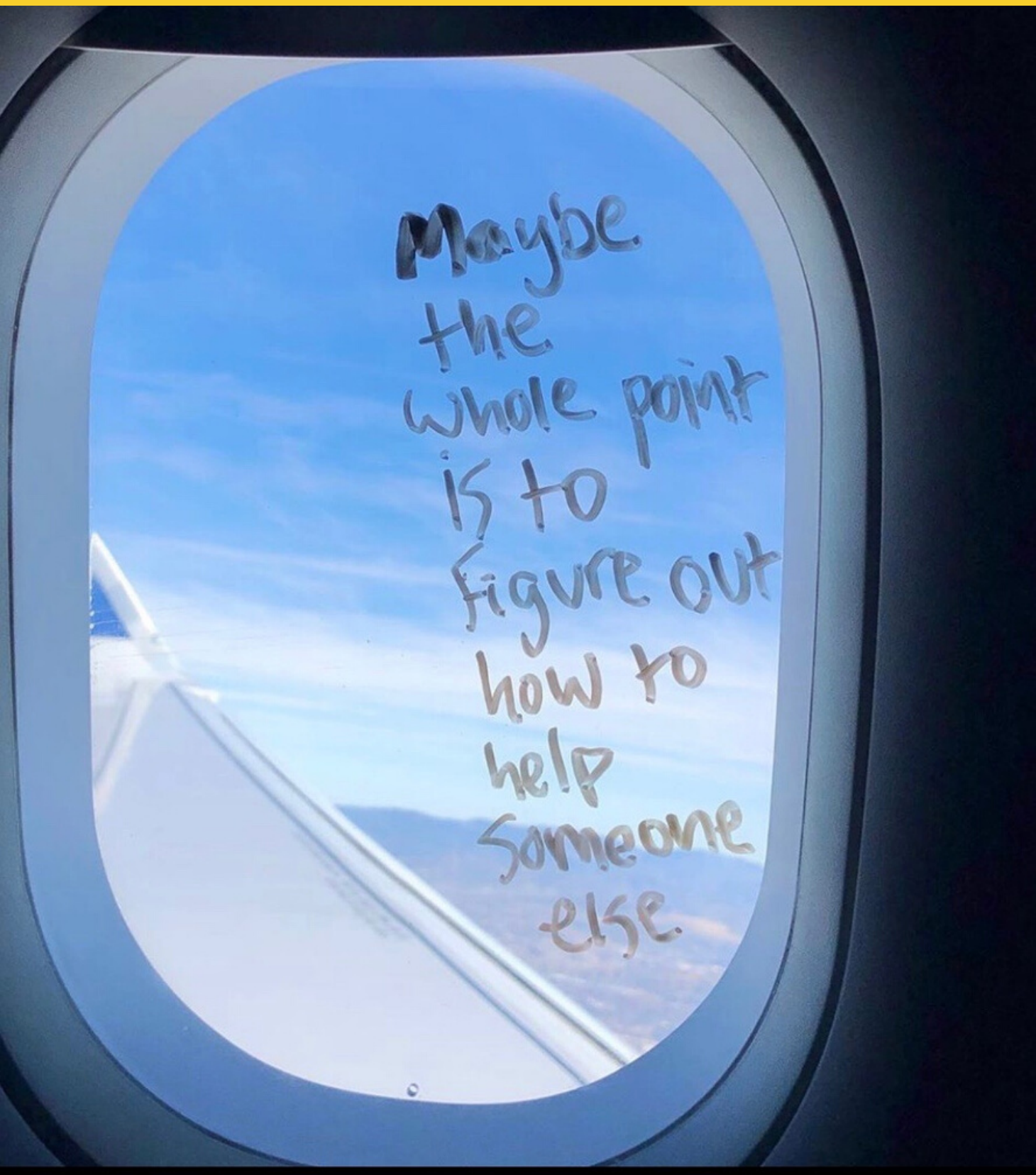


**ADOPT A FAMILY**  
HELP FAMILIES IN NEED FOR THE HOLIDAY



**YOUTHSERVE**  
MOBILIZING YOUTH TO MAKE A DIFFERENCE

# WHY TO GET INVOLVED



## Why should you volunteer?

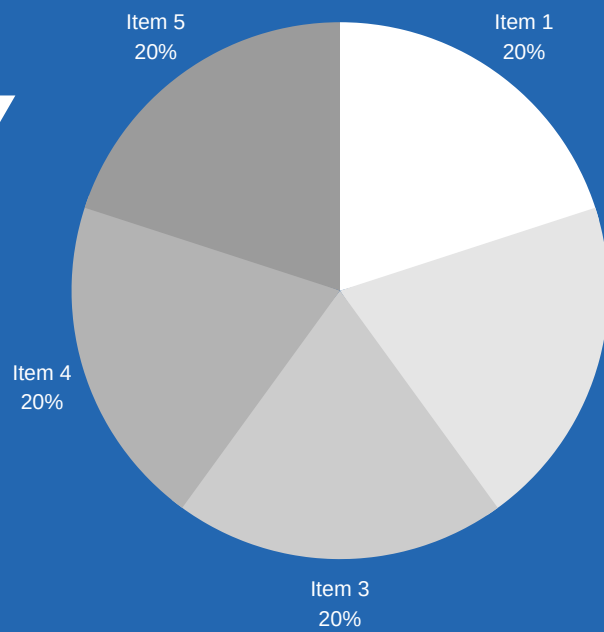
- real world job experience
  - may not be paid but it is still experience in the field
- often you can volunteer at some of the placements we have available for field study
- help those around you
- create a meaningful impact
- open doors
- make connections



# STUDY ABROAD... OR JUST TRAVEL

- going abroad is a great way to get real world experience
- many people who go abroad say it was life changing and one of the greatest things they got to experience!
- many things you can do abroad
  - take classes
  - internships
  - research
- broaden horizons

# HONORS AWARDS

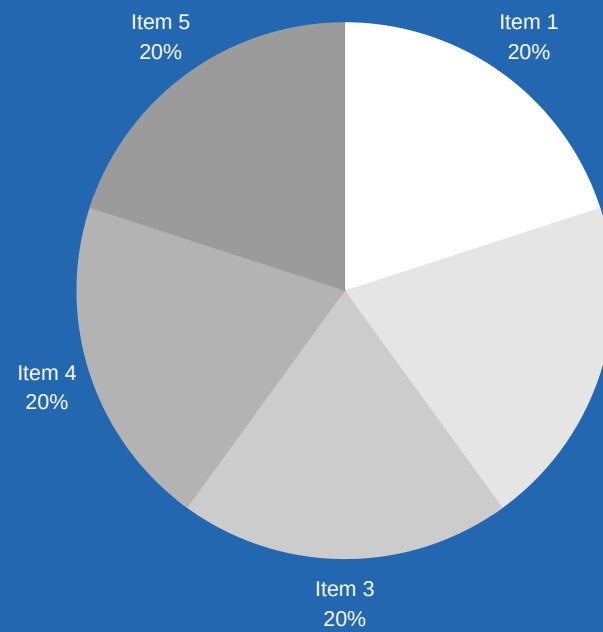


## Honors in the major

UCSC grade point average is a 3.6 or higher in psychology courses (1-189)

## Highest honors

Highest honors in the major are reserved for students who meet the honors criteria as well as completion of a senior thesis, or whose UCSC GPA is a 3.9 or higher in psychology courses at UCSC (PSYC 1-189).



## Honors awards over all

Dean's honors, Cum Laude, Magna Cum Laude, and Summa Cum Laude

