

**Careers and Employability Service**  
**Additional resources and information for**  
**Psychology**

## **Welcome:**

We have developed this recourse pack to help you research specific job sectors which may be of particular interest to Psychology students.

- [Prospects.ac.uk](https://prospects.ac.uk) - Options with Psychology
- [TargetJobs](https://www.targetjobs.com) – What can I do with my Psychology Degree?

The Prospects and TargetJobs sites include information and advice covering: Your skills, job options, career areas, further study, what next, case studies, contacts and job search sites.

- [All About Careers](https://www.allaboutcareers.com) – What can I do with my Psychology Degree?
- [Your Journey into Psychology](https://www.yourjourneyintopsychology.com) – Job Skills
- [Psychology Student Employability Guide](https://www.psychologystudentemployabilityguide.com) – This guide provides a psychology specific overview covering such topics as where psychology graduates work within and outside psychology, emerging areas of work, the job market, and includes activities to help you explore interests, skills, preferences and values.

These additional web resources offer suitable advice and insight in to your skills and a range of related career options.

## **SKILLS:**

Psychology graduates acquire a wide range of transferable skills that are valued by many employers both within and outside of the psychological professions. Your studies will have helped you to develop the following skills:

- Communication from having worked in teams and being sensitive to the needs of others, whether they are fellow students or survey participants. Writing detailed essays and succinct yet factual reports.
- Analytical and problem solving skills from developing hypothesis and research questions, undertaking surveys and investigating data.
- Research skills and independent learning from undertaking academic study, being able to gather evidence and organising your findings.
- Numerical skills from handling and investigating data using quantitative and qualitative methods.
- I T skills from handling and interpreting data. Competence in the use of a range of word processing and statistical packages.
- Interpersonal skills from having studied behaviour that helps you to understand personality and human motivation.

- Team work from working in a variety of group settings as part of your degree.
- Organisational skills from having to meet deadlines, prioritising your academic studies, employment and social life.

## **Employability activities within your degree:**

A number of initiatives are available for psychology students as part of your degree programme and you have access to an [e-portfolio](#) providing you an opportunity to showcase your work and develop a CV which is accessible to you and future employers.

## **Finding Work Experience:**

Once you have settled into your Psychology degree course you will be ready to consider undertaking work experience. By building up a variety of work experience activities while at university, you will be forming a strong baseline that will support your applications for graduate employment or further study.

### **Psychology-related work experience:**

Postgraduate courses leading to entry to the various Psychology professions expect applicants to have relevant work experience. This may be voluntary or paid work experience that has been acquired while studying or during university holidays.

Sometimes it is not possible to obtain work experience in a health or social care work setting. On these occasions, you can work shadow someone for a short period of time, to find out about their job. Information interviewing, when you arrange to meet with someone for an hour or two to find out about their job, is another useful technique.

### **Before approaching any organisations you need to consider the following:**

- **What do you want to do?** Make sure that you know which career area/s particularly appeals to you and why. Have questions and objectives prepared that might be answered when carrying out work experience.
- **What type of experience are you interested in?** Are you looking for 'hands on' experience where you are actually working in an organisation? How much time can you commit to this activity and do you mind if it is unpaid experience?
- **Type of work experience.** For confidentiality or health and safety reasons you may not be able to carry out work experience in some professional psychology and other similar settings. If this is the case, are you perhaps keen to work shadow or interview someone doing the job that you are interested in?

## **Key Occupational Information for Psychologists:**

- [British Psychological Society](#) - The BPS is a good starting point when researching any of the Psychology professions. The careers section covers information on entry in to Clinical, Forensic, Educational, Occupational, Counselling, Health, Neuropsychology, Sport, Research, and Teaching. Information is also available on related careers such as Psychotherapy.
- [Psychologist Appointments](#) - Psychologist Appointments Psychology vacancy site for British Psychological Society members

### **Clinical Psychology:**

- [Clinical Psychology Clearing House](#)
- [Psyclick](#) - resources for prospective Clinical Psychologists
- [Clinpsy](#) - resources for prospective Clinical Psychologists
- [Psychminded](#) - news and vacancy site for anyone working in psychology, psychiatry and mental health.

### **Educational Psychology:**

- [Association of Educational Psychologists](#) - this professional association site includes a careers section.
- [Local Government Employers](#) - includes details on how to apply to Educational Psychology doctorates under Education and Young People.
- [Educational Psychology Funded Training Scheme](#) - the Department for Education website provides information on the application process for all funded places in England.

### **Forensic Psychology:**

- [HM Prison Service](#) - includes a careers section and advertises vacancies for forensic psychologists and assistant psychologist positions.

### **Sport and Exercise Psychology:**

- [British Association of Sport and Exercise Science](#) -includes a job vacancies section and a careers information booklet.

### **Psychotherapy:**

- [UK Council for Psychotherapy](#) – UK’s leading professional body for the education, training and accreditation of psychotherapists and psychotherapeutic counsellors.

## **Health Care:**

- [NHS](#) – careers and job vacancies within a wide variety of NHS health care services.
- [NHS Professionals](#) - the NHS temping agency provides useful way to gain health care work experience while at university.

## **Public Sector:**

- [Jobs Go Public](#) - public sector vacancy and information site.
- [Children and Young People Now](#) - social care employment and news with particular emphasis on working with children and young people.

## **Human Resources:**

- [Chartered Institute of Personnel and Development \(CIPD\)](#) - information on the professional qualifications required to be a member of the Institute.

## **Advertising, Marketing and PR:**

- [Brand Republic](#) - informative site that includes a useful jobs and careers advice section.

## **Education**

- [Teaching and Development Agency](#) - information on routes into teaching.
- [Graduate Teacher Training Registry](#) - clearing house for entry to graduate teacher training programmes.

## **Finding Job Vacancies:**

As a Psychology graduate you have a wide range of career options open to you due to the extensive skills set acquired during your degree (e.g. report writing, communication, construction of arguments and cases, time management). This means that you are able to demonstrate your competencies and flexibility within many of the ‘core’ skill areas that employers value. It can however mean that it is difficult to identify specific roles or industries that you want to apply to and as such it is a good idea to explore the range of opportunities open to you and find where your own motivations may best align.

For general information and advice about how to start finding out about employment opportunities check out our [Job Hunting webpages](#) as well as [Prospects Job Hunting Tips web page](#). You’ll also find vacancies advertised on our [Jobs Board](#) and many local vacancies through organisations like [Graduate Jobs South](#).

When applying for vacancies you may need support in constructing a CV, filling out an Application Form, drafting a Cover Letter or preparing for Interview. We offer support on all of these areas via our [Job Application Resources webpages](#).

## **Creating a Professional Presence and Getting Creative:**

Regardless of whether you are seeking graduate employment or looking to undertake a postgraduate programme it is important that you create a positive and professional identity for yourself. Make use of our resource on [Social Media Success](#) to understand the importance that the web plays in recruitment.

Social Media can be particularly relevant to your chances of success if you are looking to pursue a career in publishing, journalism or other creative industries. You will need to think about your portfolio of work and be creative in the way you collate this online and market yourself. You might like to think about articles and publications you have written or establish a blog to help showcase your abilities and connect this to CVs and applications. WordPress, Twitter and other online platforms can be fantastic resources to help you achieve this professional portfolio while platforms like LinkedIn can help you to locate the right people to connect with and find inspiration.

## **Employment:**

Psychology graduates from the University of Southampton enter a range of jobs after leaving. Nationally up to 20% of Psychology graduates go in to the various psychology professions. This takes place several years after having completed their first degree as a period of postgraduate study also has to be undertaken. You can watch 3 short videos who participated in a University of Southampton Psychology Career Panel including an [Occupational Psychologist](#), a [Psychological Wellbeing Practitioner](#) and a [Clinical Psychologist](#) talking about their careers and offering their advice to students.

The following examples give a sense of the types of occupations Psychology graduates have gone into six months after graduation (data collected from the last few years of [DLHE data](#)):

### **Health Care:**

**Assistant Psychologist**, Portsmouth City NHS Trust  
**Graduate Mental Health Worker**, NHS  
**Health Care Assistant**, Huntercombe  
**Special Needs Assistant**, Camphill Communities

### **Social and Pastoral Care:**

**Psychology Research Assistant**, Hampshire County Council

### **Education:**

**CABAS Teacher**, The Jigsaw School

**Behaviour Support Assistant, Upper Shirley High School**

**Human Resources:**

**HR Consultant, Benefex**

**HR Administrator, Portsmouth Hospitals Trust**

**Advertising:**

**Trainee Accounts Handler, Rees Bradley Hepburn**

**Online Advertising Executive, Guave**

**Law Enforcement and Protection:**

**Sublieutenant Logistics, The Royal Navy**

**Police Community Support Officer, Metropolitan Police Force**

**Finance:**

**Business Trainee, Ernst and Young**

**Finance Officer, Metropolitan Police Force**

**Media:**

**Trainee Runner, Elstree Studios**

**Retail:**

**Buying Assistant, House of Fraser**

**Information Technology and Management Services:**

**ICT Project Manager, RM PLC**

**Business Analyst, Kuoni**

**Performance Analyst, National Probation Service**

**Insurance:**

**Insurance Mitigation Coordinator, Cunningham & Lindsey**

**Underwriting Assistant, Ecclesiastical Insurance**

**Events Management:**

**Special Events Coordinator, Lainston House Hotel**

**Events Coordinator, Initial Style**

**Social Research:**

**Projects Assistant, The Campaign Company**

**Social Researcher, MVA Consultancy**

**Postgraduate Study and Research:**

Postgraduate study can enhance your first degree and give you the opportunity to study a particular aspect in more depth. Alternatively, further study can enable you to gain a vocational qualification and give you the entry requirements for the career you are interested in. Consider your motivations for further study and find out about potential sources of funding. See our [Further Study](#) pages for information and advice.

Many graduates continue their English studies by going into an MA or MRes, with the potential to move on to a PhD. Some also go into teaching, which requires them to study for a Postgraduate Certificate in Education (PGCE), or a qualification in teaching English as a foreign language (TEFL). If you are considering teaching you should explore our [Routes into Teaching](#) webpages.

Some graduates opt for postgraduate study unrelated to English, or they may undertake a vocational degree associated with a specialised occupation for example [Routes into Law](#).

Graduates from English at the University of Southampton entered a diverse range of postgraduate courses such as:

- MSc Management
  - MA Personnel Management
  - MSc Occupational Psychology
  - MSc Biochemistry
  - MSc Sport & Exercise Psychology
  - Mental Health PG Diploma in Adult Nursing
  - Midwifery
  - PGDip Career Guidance
  - PGDip Social Work
  - PGCE Primary
  - PGCED Secondary
  - PGDip Law
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