

What can I do with a degree in Psychology?

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 of human life. Advances in neuro-imaging and molecular biology are enhancing our understanding of how the brain works, while increasingly complex theories are being developed to understand both normal and abnormal development and the behaviour of individuals and groups. Major progress is being made in understanding and treating psychopathologies such as anxiety, depression, eating disorders and addictions.



AT A GLANCE

MORE

professional clinical psychologists are needed in Aotearoa New Zealand[^]

2.1%

growth in the employment of counsellors and psychologists by 2023 and this growth is expected to continue**

1500

hours of practical training accredited by the New Zealand Psychologists Board is required to become a registered psychologist

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 internships. These experiences deepen your skillset, awareness of others, working knowledge and employability.

Where have UC graduates been employed?

Without specified higher qualifications, graduates with a bachelor's degree in Psychology do not work professionally as psychologists. Many enter other careers that benefit from relevant skills, such as human resources or marketing.

Registered psychologists work in a number of health, social services, corrections, specialist, charitable, government and research contexts. Some choose to work in private practice.

UC Psychology graduates have been employed in:

- Government organisations eg, Department of Corrections, Oranga Tamariki Ministry for Vulnerable Children, Ministry of Social Development, NZ Police, the NZ Defence Force
- District health boards eg, Northland, Bay of Plenty, Capital and Coast, Canterbury District, Nelson Marlborough, Southern Health Boards
- Recruitment companies eg, Sheffield, Hudson, Madison Recruitment, Manpower Group, Sourced Ltd, Brannigans Human Capital, M&T Resources, Charterhouse Resources, Randstad
- Not-for-profits eg, Barnados, Stepping Stone Trust, Salvation Army, Emerge Aotearoa, Pukeko Blue Ltd, Pathways, World Vision
- Advisory services and helplines eg, Youthline, ADANZ Alcohol and Drug Helpline
- Regional government eg, Christchurch City Council, Environment Canterbury
- Education eg, universities, technology institutes, English language, primary or secondary schools
- Research eg, New Zealand Brain Research Institute, Focus Research, Connected Group, EJ Legal, Research New Zealand
- Private companies eg, Weta Workshop, AECOM, Downer NZ, Accenture, Airways NZ, Sovereign Insurance, Deloitte, American Express.

[^] Immigration New Zealand's 2019 long-term skill shortage list www.skillsshortages.immigration.govt.nz/long-term-skill-shortage-list.pdf

** MBIE Occupational Outlook

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 to address local issues
- Writes reports and coordinates budgets

Organisational psychologist / HR consultant*

- Designs and initiates workplace improvements
- Offers expertise eg, on staff selection, safety, training, appraisal, industrial relations, culture
- Advises career counsellors and organisations

Mental health professional

- Builds relationships with people experiencing mental health difficulties
- Assesses their needs, supervises progress
- Aids independence and intervenes if needed

Child and family psychologist*

- Assesses children and adolescents, and works with their whānau
- Provides therapy or treatment and monitors progress
- Works alongside other professionals eg, teachers, social workers, counsellors

Research analyst / assistant

- Organises and conducts research
- Tests theories and interprets the results
- Writes reports and makes recommendations

Health promoter

- Identifies health concerns and needs for a range of groups
- Develops strategies to motivate and help people manage their health
- Assists government and organisations to improve unhealthy conditions

Marketing officer, sales manager

- Collects and analyses market insight
- Prepares and implements marketing plans
- Works with others to promote goods or services

Entrepreneur & self-employment

Entrepreneurship and innovation are an increasing part of the working landscape. Through generating a business idea, or getting involved in a start-up/business venture, you have the potential to create a work opportunity that aligns with your knowledge, skills, values and risk profile. To get started on how to establish, run and grow a new business, go to Te Pokapū Rakahinonga, Centre for Entrepreneurship at the University of Canterbury www.canterbury.ac.nz/uce

What professional bodies can people link to?

Professional registration

Registered psychologists are registered by the New Zealand Psychologists Board. To qualify you must have completed a specified postgraduate programme/s, be registered by the Board and have an Annual Practising Certificate from the Board. New Zealand and Australia have a mutual recognition agreement that allows professional psychologists to work in both countries.



Relevant organisations

As they progress, students and graduates may join relevant professional bodies. These can offer regular communications and networking events.

- Rōpū Mātai Hinengaro o Aotearoa The New Zealand Psychological Society www.psychology.org.nz
- The New Zealand College of Clinical Psychologists www.nzccp.co.nz
- Human Resources Institute of New Zealand www.hrinz.org.nz

Having a professional presence on social media networks such as www.linkedin.com and Facebook can help you to keep up to date with important industry developments and trends, networking opportunities, events and job vacancies. Following relevant professional bodies, organisations, companies and thought leaders is a great way to gain a deeper awareness of the industries that interest you. Social media presents an opportunity to build and enhance networks as well as to display your involvement in projects and any academic successes.

Why do further study and what are my options?

Postgraduate study can facilitate career benefits such as specialist skills, higher starting salary, and advanced research capability. It can also lead to an academic job. It is important to determine which, if any, further study will help your career.

UC offers Psychology study at honours, diploma, master's and PhD level. A Graduate Diploma in Criminal Justice is also available.

In order to work as a psychologist, some requirements must be met (see above). Professional postgraduate training is available at UC in Applied Psychology (also known as Industrial and Organisational Psychology), Child and Family Psychology, and Clinical Psychology. If you wish to pursue a social services career, consider a course in Social Work or Counselling.

Useful links

- Te Rōpū 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

Milesa



Bachelor of Arts with Honours in Psychology
Master of Arts in Psychology with Distinction
Postgraduate Diploma in Clinical Psychology with Distinction
Clinical Psychologist, Anxiety House, Brisbane

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.

More information

UC students seeking study advice.

Te Kura Mahi ā-Hirikapo | School of Psychology, Speech and Hearing

Our wide range of courses promote an understanding of human behaviour, as well as thinking and analytical skills, both of which are essential professional skills.

Psychology's staff support both teaching and research. This scholarship garners international attention and makes a difference to peoples' lives. Come and join our lively community.

T: 03 369 4141

E: scienceugadvice@canterbury.ac.nz

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

Anyone seeking careers advice.

Te Rōpū 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 Rōpū 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.

Ōtautahi | Christchurch

T: 0800 VARSITY (0800 827 748)

E: liaison@canterbury.ac.nz

Tāmaki Makaurau | Auckland

T: 0800 UCAUCK

E: auckland@canterbury.ac.nz

Te Whanganui-a-Tara | Wellington

T: 0800 VARSITY (0800 827 748)

E: wellington@canterbury.ac.nz

www.canterbury.ac.nz/liaison

