

University of Pittsburgh  
PSYCHOLOGY ADVISING OFFICE

**Suggested Career Search Timeline**

**Freshman-sophomore-junior year-**

It is never too early to begin your job search. These first three years of college provide a valuable time to start exploring different careers. You can begin this search by taking advantage of the psychology department's experiential learning opportunities (directed research, supervised field placement, undergraduate teaching assistant). You can also experience different careers by interviewing different professionals, shadowing experts in the field, and working summer jobs or internships where you might be interested in employment after graduation. Pitt's Career Development and Placement Assistance might be of some assistance in locating these professionals and/or positions. Remember, the experience is valuable if it helps you determine whether you could envision yourself in the field. Some of these opportunities might lead directly to a job offer. This is a key time to sharpen skills, develop working relationships for possible references, and maintain or boost your GPA.

**Senior year-**

September/October/November/December

- Update resume.
- Visit the Career Development & Placement Assistance for resume review and assistance in strategizing for your job search. The Psychology Career Consultant is Ryan Sweeny, [rsweeny@pitt.edu](mailto:rsweeny@pitt.edu), 412-383-4473.
- Continue to be active in the professional organizations you belong to- if you are not in one, JOIN ONE!
- Enroll on professional listservs and attend professional conferences.
- Attend Career Services employer sessions, networking sessions, on-campus interviews, and job fairs.
- NETWORK- even if a job is not open, schedule informational meetings with employers to make contacts.

January/February

- Continue updating resume with new research/employment/internship experience as well as add new GPA and any honors.
- Create extensive list of contact information and positions at targeted organizations and begin contacting employers regarding full-time positions.
- Continue networking with your current list and look to expand. Include faculty members, former classmates, presenters, and conferences you attended.
- Check/search job postings on national sites, as well as individual company sites weekly.
- Make an appointment with the Career Development and Placement Assistance to review interview skills and techniques.
- Begin sending resumes to contacts in companies and posted jobs.
- Attend Career Services on campus information sessions, on campus interview sessions, networking opportunities, and career fairs.

March

- Continue searching national/local sites for new postings.
- Continue updating resume and submitting job applications to new opportunities.
- Begin interviewing off-campus.
- Follow up on resumes you have distributed.
- Continue to re-establish contact with your networking contacts.

April-May

- Continue interviewing off-campus.
- Finish interviewing and compare all job offers (including cost of living, possible relocation costs, room for advancement, etc.).
- Accept job offer and set start date.
- GRADUATE!



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## Occupations of Interest to Psychology Majors from the *Dictionary of Occupational Titles*

The following is a non-exhaustive list of occupations that psychology majors can pursue compiled by Dr. Drew C. Appleby, Director of Undergraduate Studies in Psychology at Indiana University-Purdue University Indianapolis. He compiled this list based on research from his psychology students and alumni of IUPUI, Marky Lloyd's *Careers in Psychology* website ([www.psychwww.com/careers](http://www.psychwww.com/careers)), The UNC Wilmington Career Services website ([www.uncwil.edu/stuaff/career/Majors/psychology.html](http://www.uncwil.edu/stuaff/career/Majors/psychology.html)), and a search of the Department of Labor's *Dictionary of Occupational Titles (DOT)*. You will find descriptions of these occupations in the Information Technology Associates online version of the DOT ([www.occupationalinfo.org](http://www.occupationalinfo.org)). Type either the partial or full title listed below in the search options to locate the correct page. For the DOT official job title, please consult the Dr. Appleby handout.

The list is divided into entry level positions (some needing specialized training in the field beyond an undergraduate degree in psychology) and positions that need a graduate degree.

### Entry Level positions

Activities Director	Dietitian	Probation/Parole Officer
Admissions Evaluator	Elementary School Teacher	Psychiatric Aide/Attendant
Advertising Sales Representative	Employee Health Maintenance Prg. Specialist	Psychiatric Technician
Alumni Director	Employee Relations Specialist	Public Health Director
Animal Trainer	Employment Counselor	Public Relations Representative
Applied Statistician	Employment Interviewer	Purchasing Agent
Benefits Manager	Financial Aid Counselor	Real Estate Agent
Career Information Specialist	Fund Raiser I/ Fund Raiser II	Recreation Leader
Caseworker	Group Worker	Recreation Supervisor
Child Development Specialist	Health Care Facility Administrator	Recreational Therapist
Child Welfare/Placement Caseworker	High School Teacher	Research Assistant
Claims Supervisor	Human Resource Advisor	Retail Salesperson
Coach	Information Specialist	Social Group Worker
Community Organization Worker	Job Analyst	Social Services Aide
Community Worker	Labor Relations Manager	Substance Abuse Counselor
Computer Programmer	Loan Officer	Systems Analyst
Conservation Officer	Management Analyst	Teacher for the Emotionally Impaired
Correctional Treatment Specialist	Market Research Analyst	Teacher for the Hearing Impaired
Corrections Officer	Mental Retardation Aide	Teacher for the Learning Disable
Criminal Investigator (FBI and other)	News Writer	Teacher for the Mentally Impaired
Crisis Intervention Counselor	Nurse	Teacher for the Visually Impaired
Customs/Immigration Officer	Occupational Analyst	Technical Writer
Customer Service Representative	Patient Resources and Reimbursement Agt.	Veterans Contact Representative
Data Base Administrator	Police Officer	Vocational Training Teacher
Data Base Design Analyst	Polygraph Examiner	Volunteer Coordinator
Delinquency Prevention Social Worker	Preschool Teacher	Writer
Department Manager		

### Graduate Degree needed

Academic Counselor	Military Psychologist	Psychometrist
Art Therapist	Minister, Priest, Rabbi, Chaplain, etc.	School Psychologist
Chief Psychologist	Music Therapist	School Social Worker
Child Psychologist	Neurologist	Social Group Worker
Clinical Psychologist	Neuropathologist	Social Psychologist
College/University Professor	Neurosurgeon	Speech Pathologist
Comparative Psychologist	Occupational Therapist	Therapist for the Blind
Counseling Psychologist	Optometrist	Veterans Contact Representative
Developmental Psychologist	Pediatrician	Veterinarian
Educational Psychologist	Penologist	Vocational Rehabilitation Counselor
Engineering Psychologist	Personnel Psychologist	
Experimental Psychologist	Pharmacologist	
Family Counselor/Caseworker	Physiatrist	
Guidance Counselor	Physical Therapist	
Industrial/Organizational Psychologist	Physician	
Lawyer	Psychiatric Social Worker	
Marriage and Family Counselor	Psychiatrist	
Medical Social Worker	Psychological Anthropologist	

