What did I do with my Psychology major?

What is your primary discipline/field?

Sports psychologist

Was Psychology your undergraduate major?

- (●) Yes
- ( ) No

What degree is required (or most typical) for your job?

Ph.D./Psy.D.

What is your primary work setting?

University

In just a few words, how would you describe your job? What are the primary activities you engage in?

I hold a full-time (tenured) position at a 4-year university. So, my job requirements include what is typical in this setting: teaching, research/writing, and service. The latter two areas constitute much of my "sport and exercise" work.

Can you guesstimate about what percentage of your work time you spend engaged in each of the following activities?

Research?	Teaching	Practice: Assessment	Practice: Therapy	Consultation or Administration
30	50			10

What makes your field most unique from some of the other fields on the list above?

Sport and Exercise Psychology -when compared to many other fields - is still relatively young, perhaps an "adolescent" stage. There is still much room to make some major contributions to the future directions of the field, and also carve your own niche in terms of professional work.

What other non-psychology-related activities does your job entail that you did not expect? For instance, does your job include accounting, personnel management, business administration, clerical work, or other activities?

Although it is "academic" in nature, faculty at our university also are student academic advisors, so (about twice a year for about a month) many office hours are used for this purpose.

What is the BEST thing about your field? What would you tell a college student to encourage them to enter your field?

Sport Psychologists can legitimately say (in my opinion) there should be no stigma attached to their work. Clientele are (generally) highly functioning individuals with athletic performance related issues. Your "office" may be a playing field.

What is your LEAST FAVORITE thing about your field? What would you tell a college student to DISCOURAGE them to enter?

This may not be distinct to this field: Academia is a small world (and SEP is no different). Sometimes, you get a sense that a few select individuals are "calling the shots" with many decisions.

(Optional) What is your age?

36

(Optional) If you would like students to contact you with questions, please list your email below