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 am a professor of psychology at a small college, where I teach graduate and undergraduate classes, and conduct research on psychological aspects of sport and exercise.

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	70			

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

I'm not sure how unique sport and exercise psychology is, but it is a multidisciplinary field that has advanced greatly as a profession over the past four decades even as it has struggled to maintain a foothold in academic institutions.

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 my current responsibilities are mainly teaching and research (activities for which I was trained), I have at other times engaged in activities for which I was not trained, including marketing, personnel management, coaching, and various administrative duties.

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

The best thing about pursuing an academic career in sport and exercise psychology is, in my opinion, the flexibility to engage in many activities that, over the years, have included teaching, research, consulting with athletes, and multimedia development.

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

Very few psychology departments have faculty positions in sport and exercise psychology. My position owes more to my background in clinical psychology than to my research background in sport and exercise psychology. Most of my sport and exercise psychology activity is "on the side."

(Optional) What is your age?

50

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