What did I do with my Psychology major?

What is your primary discipline/field?

Counseling 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 the director of a university counseling center, a mental health agency providing services to a defined (college student) population. This agency provides urgent care, clinical assessment, individual therapy, group therapy, outreach, and consultation services, as well as training.

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
	20	10	20	50

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

Counseling psychology focuses on developmental, cultural, adaptive, and preventive perspectives. Vocational psychology is also a large focus for counseling psychologists.

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?

University mental health care involves a major focus on public health issues and perspectives, so a large part of what I do involves systems work.

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

Higher education mental health care is a fantastic choice! I am able to work in a creative and supportive setting, my work is varied and engaging, and the population is very well-suited to psychological interventions and change.

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

I would say that the least favorite thing about my field is the process of making it to independent functioning. Be ready for a marathon, not a sprint!

(Optional) What is your age?

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