



Your Degree What Next: *Psychology*

Having chosen to study single honour Psychology or TSM Psychology at Trinity, you are in a strong position to begin your career across many different industries. Psychology graduates from Trinity are valued highly by employers in areas such as Research, Business, Management Consulting, and of course the Not For Profit and voluntary and development sectors. Furthermore, the landscape of further study and professional psychology awaits if you are interested in travelling those paths.

What skills can I develop at Trinity?

You gain a wide range of skills while at College, through academic study, clubs and societies, voluntary work, student politics, work and other commitments. These are important to recognize as they inform your career decisions and are a critical ingredient in your applications for postgraduate study and jobs. Here are some skills you can gain through your course:

1. Critical Thinking - The most fundamental part of a university education is learning to work on your own and to make independent judgments. You have to discover the information that you need to analyse complex questions and develop your ideas about them and to present your arguments clearly and persuasively.

2. Teamwork - Learning to work as part of a team is an important skill; sharing the workload, agreeing roles and working as a team to develop ideas, analyse information and present a coherent group argument.

3. Independent Research - You will have learnt how to use the library and other complex information resources and co-ordinate information from a wide variety of sources.

4. Logical argumentation - You will know how to bring together facts and arguments in order to answer a specific question or analyse a problem.

5. Time and project management - By working on assignments and studying for exams you will have developed the ability to revise and consolidate your work and know how to extract the essential points from a mass of information. You will also have learned how to manage your own time and to work under pressure of deadlines.

6. Verbal communication - You will know how to present your ideas orally and to contribute constructively to discussions.

7. Written communication - You will have had the opportunity to present your ideas in writing accurately and concisely, using convincing arguments which are based on solid evidence; responding flexibly to different types of questions and expressing your thoughts concisely; carrying out in-depth research on a specialised topic and develop the sustained writing skills needed.

8. Digital Skills - You will have the opportunity of developing your computer skills both from typing up your own essays and papers and from undertaking searches on the web & using databases.

9. Personal Development – You are managing the learning required for a degree and recognising the gaps in your understanding and ensuring that these are addressed in ways that best suit your learning style.

What can I do with a Psychology degree?

You must see your Psychology degree as your foundation. What you do next is building upon that and as you take various steps over the coming years your career will evolve. Previous graduates have gone on to work in every sector so look at the Trinity Insights page on LinkedIn to get some inspiration. Some graduates go on to postgraduate courses such as a masters in counselling, clinical, educational or occupational psychology. This can be followed by a PhD if your aim is to become a professional psychologist working with the HSE and/or private practice. Plenty of voluntary experience and life experience with all walks of life is generally a pre requisite for these professional Phd courses so try and get involved in everything you can and gather as much varied experience as possible. Many students choose to work for a few years before further study and some choose to do a conversion course towards another profession or discipline, e.g. Medicine, Law, Business.

Roles

Assistant Psychologist
Research Assistant
Voluntary Worker
Management Consultant
Support Worker
Teaching Assistant

Employers

HSE, Nursing Homes, Care Agencies
Peter McVerry Trust
Trinity College Dublin, DCU, RCSI
Accenture, PWC, Jameson
Concern, United Nations, Oxfam
Brothers of Charity, St. John of God's

Useful Resources

The organisations, websites and professional bodies listed below are useful resources for career / sector specific information:

Resources

gradireland (IE)
Targetjobs (UK)
Assistant Psychology Group http://groups.google.com/group/AP_Ireland

Professional Bodies & Websites

<https://www.psychologicalsociety.ie/>
www.Publicjobs.ie
www.activelink.ie
www.idealist.ie, www.devex.com

How can the Careers Service help you?

The Careers Service supports students in exploring their career options and connects students with employers. You can book an appointment with your careers consultant to help you in deciding the next step in your career.

Login to MyCareer at www.tcd.ie/careers and book your appointment today.

Contact Us

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