Welcome to today's webinar Career Opportunities in Psychology.

I am senior career advisor Nicolle Skalski and I will be your moderator today.

Whether you are in career transition or seeking advancement opportunities, today's program will help you
learn more about psychology careers and better define your career path.

Before we introduce our panelists, let’s find out what prompted all of you to join us today.

So if you all could please type your response in the questions box, that will be great.

Are you seeking career advancement?
Are you making a career change?
Reentering the workforce or simply exploring career options to make your next career move?
So again if you could please type your answer -- okay, we have a lot coming in here.
It looks like some of you, a lot of you are making a career change, reentering the workforce, all of the above.
Okay.
Great.
A new career, exploring career options, reentering the
work world after a disability.

Thank you for joining us.

New career, I’m making a career change into forensic psychology, military.

Fantastic.

Again, exploring career options and many of you making a career change.

Okay.

Fantastic.

And before introducing our panelists, I would like to introduce our Career Services Center team.

So our mission here, you can see all of our team members.

We’re all based in the Minneapolis office.

We are senior director Lisa Cook and four career advisors and associate director Dina Bergren.

Our mission is to prepare our learners to navigate career transition through educating, coaching and
advising, and again here is our team, and Dina is joining us and will be our first presenter today.

Dina brings over 15 years of combined experience in higher education, student advising and career development.

As associate director of the Walden Career Services Center she delivers group training, manages the Career Services website, and provides individual career advising.

She has a bachelor’s degree in psychology and a masters degree in human resource development.

Her areas of expertise include career transition, networking and CV and resume writing.

Also we have with us two faculty panelists joining us.

We have Dr. Patti Costello.

She's the program director BS psychology programs at Walden.

She studied psychology at the undergraduate level with an emphasis in behavioral neuroscience.
She earned her Ph.D. in neuroscience at the University of Minnesota using MRI brain imaging to study visual perception and attention in humans. Her research interests include unconscious processing, decision making, visual perception, attention sports, experimental psychology, neuroscience, emotion and human factors so we welcome Dr. Patti Costello. We also have with us Dr. Marites Pinon. She is the coordinator for Walden's MS psychology program. She has published in several journals including Teaching of Psychology, Early Education and Development, Journal of Instructional Psychology among others. Her research interests include the influence of television on children, visitor engagement in informal learning situations and clinical applications of standardized achievement tests. We will have an opportunity to hear from both of our esteemed faculty panelists later in the program. And we also have two alumni joining us to share their unique insights and career paths. Joining us is MS psychology alum Christina Dalpiaz and bachelor of science psychology Alissa Bratt.
We welcome them both and we will share their bios and unique career stories further in the program, and with that I am happy to hand it over to Dina Bergren, my colleague, who will discuss the agenda for today's webinar.

Dina.

>> Thank you, Nicolle, and welcome everyone.

I am very pleased to be here today, and as the associate director of Career Services, I work with many psychology students at the bachelor's, masters and doctoral levels. Common questions students ask me include what can I really do with this degree?

How can I break into my field of interest?

And what will I need to become successful?

In this webinar we will address these questions and more.

Our agenda today is to explore career paths in psychology to learn about available career options.
We will share how to utilize the power of networking.

We will present strategies on how to build experience in your future field, and finally we will discuss how to prepare for career success in today's competitive job market.

So before starting your career exploration, ask yourself three important questions.

What prompted you to pursue a psychology degree in the first place?

Was it your passion for helping others, a career transition or advancement opportunity, a new stage in your life?

Or your commitment to social change?

What specific skills, strengths and experience do you bring to the psychology field?

Are you a great communicator, a competent researcher, an organizer or team player?

How do others perceive you?
What experiences in your personal or professional life have brought you to this point in your career?

And finally what is your end goal in pursuing your degree?

Where do you see yourself in two, five or even ten years from now?

We invite you to visit the self-knowledge tab on the Career Services center website to further assess your interest and strengths.

In today's program we will explore careers in psychology that are typically non-licensure track, but for those of you who would like to become a licensed psychologist, you'll want to research doctoral programs that lead to your end goal.

Today's primary focus will be on utilizing your degree on the bachelor's or master's level.

We'll share resources and tools to research main occupational areas where psychology graduates find
employment.
And these include direct service positions in human and
social services, occupations in education and training
fields, psychology research and/or preparation for
doctoral study programs, and finally administrative
roles in government, non-profit and corporate sectors.
So let's look more closely as specific careers within
these areas.
Consider the job titles under each of these occupational
areas.
For instance, common job titles for positions in human
or social services may include case manager,
correctional officer, psychiatric assistant, victim
advocate and others.
Examples of positions in education and training may be
working as a workshop facilitator or life or career
coach or even as a community college instructor.
Research-focused positions may include working as a
researcher, program evaluator, or data analyst or
bachelor’s and master’s degrees may be stepping stones
towards a doctoral program in psychology.
Many psychology professionals are also employed as
coordinators, program managers or directors, project
managers or field research coordinators in government, non-profit and corporate sectors. So these are only a few examples.

If you'd like to research further, we have included a handout with additional resources as part of today's session, so check your handout section of your GoToWebinar control panel to view the handouts after the session.

And now that we've discussed general areas of employment, let's take a closer look at where Walden psychology graduates are employed. According to survey data collected on students' graduation application forms, over 22% of master's level psychology 2015 graduates reported that they were employed in the human services, and this includes mental health, social work and related fields. Other industries included pre-K through 12 education as 7%, public administration at 11%, business and management at 14%, higher ed at 4%, health sciences 7%
and finally technology 2%.

You'll also notice that 33% of respondents were either not working at the time of taking the survey or they did not report their industry.

This data supports that psychology majors work in a variety of settings and that psychology itself is a very broad field.

Ask yourself how can you start defining your career direction.

There are many tools to help you with your career exploration.

The Walden U website lists suggested career options by programs.

The featured link here will take you directly to career opportunities for bachelor's, master's and doctoral psychology programs at Walden.

And here you can explore suggested career options for a variety of psychology programs.
Would you like to research growing fields in your state? The bureau of labor statistics job outlook projections can provide that information for you.

For instance, through the occupational outlook handbook you'll find that social and community service career services are expected to grow 10% by 2024.

ONET is another tool to further explore careers identify bright outlook occupations and research skills needed in a variety of professions.

ONET also offers an assessment tool called My Next Move that can help you identify your interest and skills and match them with potential career options.

So remember that the more you know, the better decisions you'll be able to make about your future.

Utilize the Career Services Center website. We have many resources available for you.

The resources tab offers career resources organized by college, so if you select psychology, you will be
directed to professional associations, job banks and LinkedIn groups specific to the psychology field.

Professional associations offer career resources for students and professionals and special interest groups you can join to network with others and learn more about your field.

The job opportunities page lists niche job banks.

As you review postings for specific positions, consider how your skills and qualifications match the needs of employers.

Next I'd like to hand it over to Dr. Costello who will introduce us to additional career resources.

Dr. Costello, can you hear us?

>> I'm sorry, yep, I can hear you.

>> Oh, great, great.

Go right ahead.

>> Sorry about that.

>> No worries.

>> And these are also on that career handout.

One that I really like in particular is the Dr. Kit
psychology link.

In this one there's a variety of videos, and he's interviewed people not only in psychology but other areas as well, so once you get to that website you can go another level higher and look at other career areas besides the psychology ones.

And one -- [no audio] -- the psychology Psi Chi International Honor Society has some general information not necessarily specific to careers but there's a lot of information there regarding how to get involved, how to go to conferences, how to apply for money to go to conferences.

Draw your attention to the road trip nation, I actually just found out about this and Walden is participating with this endeavor to map out doctoral careers, although there's a lot of information there that's pertinent to undergrads, master's level, a wide variety, not just psychology specific.

And the last item on the list is the career exploration toolkit that's coming soon for BS psychology students.

Not sure of the exact launch date.

It was really supposed to launch at the end of the
month.

It probably will be a bit delayed, March, April or so.

But what that involves is an interactive tool to walk

yourself through different areas that you're interested
in and can also take some personality assessments and
hopefully pull it all together to find out what your
interests are and what your strengths are.

That will be accessed through the actual classrooms, so
keep your eyes out probably later in the spring term and
that would be available as well.

And again refer to that psychology careers handout for
more than just what's on this list.

Again, the Dr. Kit psychology, I can't say enough.

I think there are some really great videos on there and
areas you maybe wouldn't have thought about.

Just a few minutes videos that won't even take up that
much time.

Please let me know if you have any questions.
>> Thank you, Dr. Costello.

And now I would like to shift focus and interview our first alumni panelist.

I would like to introduce Alissa Bratt.

Alissa earned her BS in psychology from Walden in 2014 which helped her transition from an office manager position at a counseling facility to a case manager working with mentally ill children and teens.

Alissa also worked part-time as a community-based rehabilitation specialist and in her current role as a behavioral specialist, she helps children with Asperger’s and autism to build skills and social behaviors and succeed in everyday life.

Alissa is also an active member of the National Alliance on Mental Illness or NAMI and participates in behavioral programs that supports an awareness of mental health.

So welcome to the program, Alissa.

>> Thank you.
I’m super excited to be here.

Hello everyone.

>> We’re very excited to have you.

And, Alissa, how did you develop an interest in social services and land your first position as an office manager?

>> My interest in psychology actually started in high school when I took my first class, and then I started tutoring kids with special needs.

From that I learned that mental illnesses are rarely understood and people really needed to be enlightened about the subject, so it kind of sparked my passion.

And after that I continued my education in the field to see where it would take me.

I got my foot in the door when I landed a position as an office manager at the counseling facility I applied for.

And there I was going everything I could actually get my hands on besides the actual counseling.
It also exposed me to a variety of walks of life and the struggles that the clients had, that they were dealing with on a daily basis.

I learned also that mental health services were really underfunded.

They were in great need, and there's a huge lack of professionals that are able to answer that need.

So this, of course, piqued my interest, and I knew I had to get a bachelor's degree so I could really do what I wanted to do, which was work with the clients and their families.

>> Dina: Excellent.

And, Alissa, how did your psychology degree and networking efforts lead to your next career move?

>> Well, I'd definitely say the classes I took gave me the proper education I needed to understand the different types of mental illnesses as well as ways I was able to help individuals overcome and cope with their illnesses or behavioral challenges.

Additionally working in the counseling facility it provided me with ample opportunities to meet other health professionals and hear about other mental health events and I started trying new things such as interning at our local county jail in their reentry counseling
program, the NAMI event that my employer took me to and various other counseling events and trainings going on. It was through this networking that I developed the other health care professionals that I actually found out about the case management and the community based rehabilitation position that came open when I obtained my bachelor's, and I went for it.

>> Excellent.

And how did you connect with other social services professionals through professional associations and various community events?

>> Definitely started when I was working at the counseling facility. My employer had took me with her to various trainings, and one of the NAMI events that they were putting on because she was also an active member and I of course kept dropping the hint that I would love to go so she took me.
It was during this event that I met a great deal of counselors and social workers, case managers, policemen, firefighters, social -- city officials, pretty much you name it.

Everyone was there.

After that I started participating more in the local mental health events that were being put on in the community.

I even helped out at a city police during a summer event that they had going on. They put it on just to remind the community that the police force and the mental health community are actively interacting and supporting each other.

And again during these events I met a great deal of people that only broadened my networking.

>> Excellent.

You were very engaged in your networking activities and also in your community.
And how did you transition then into your current position as a behavioral specialist?

>> I actually heard about my current position from a past employee that I worked with at the counseling facility.

She was working as a behavioral specialist with the company, and they had an opening come open, so she reached out to me to see if I wanted to apply for it.

I went for it, and I put her down as a reference, and they brought me in for an interview the next day and they offered me the job.

I really like the job because it's just the challenge working with children with Asperger's and autism and that there's always miracles happening every day with them.

There's no greater feeling where one of your kids is able to overcome one of their challenges or one of their behavioral issues.
It's also very rewarding just to see the kids progress and grow when. You're able to help make a difference in their lives, I can't express just how wonderful it makes you feel.

>> And what tips would you offer Walden students who are seeking to maximize their degrees and move forward in their career progression?

>> I would say my number one tip is don't be afraid to try it if you're interested or curious.

Go for it.

Just from working at the counseling facility as the office manager, I gained a great deal of networking and connections to other social workers and health care professionals not to mention local officials which just opened up numerous possibilities for me to find jobs, intern, volunteering at community events.

Basically anything you do or try is never a waste of time.

It's always providing you with experience and knowledge that you can draw on later.

So basically the more you do the more opportunities that
you're presented with.

>> Thank you too much for sharing your career journey
and also your enthusiasm and your passion with us today,
Alissa.

>> You're welcome.

>> Absolutely.

And now I'd like to move on to our next topic,

networking.

By tapping into the power of networking, you can learn
from other professionals in your field, establish your
reputation and uncover potential opportunities.

So as Alissa's story shows, networking can lead you to
many, many opportunities.

LinkedIn is currently the largest professional
networking site, and the Career Services Center's
resources tab lists LinkedIn groups by college.

In order to join those groups, you will first need to
register on LinkedIn and create a profile.

But as you can see here, I am a member of the psychology
network LinkedIn group myself, and as a member I can
learn from psychologists and other social services
professionals.

I can share resources and ask for advice on related topics.

LinkedIn also allows you to send messages to members of the same group and build your online network.

Start with online networking and then take your networking off line by asking experts in your field for informational interviews, either face to face or over the phone and let them know that you’re a psychology student who is exploring career paths and ask for 20 to 30 minutes of their time to share their insights.

During the informational interview, ask questions about their career paths, what a typical day is like, and the skills and experience needed.

Take opportunities to showcase your knowledge, skills and strengths and remember to stay in touch to build your professional network.

And join the Walden university Career Services Center
LinkedIn group where you can share and network on related topics with other students and alumni, and as you can see, we currently have over 4,500 group members, and we also advertise upcoming programs including webinars and online networking events through our LinkedIn group.

And these are just a few ways you can use social media for career research and combine it with offline networking.

And as you progress through your psychology program at Walden, consider how you can start walking the talk and gaining experience before you graduate.

So how can you start defining your special niche?

Consider the populations you like to work with.

Do you have a passion for helping children and families, the elderly, people with disabilities, veterans, people with addictions and/or mental illnesses, immigrants, former prison inmates or homeless population?
Those are some examples, and ask yourself what environments would you like to work in. Consider office settings, clinics, hospitals, shelters, community agencies, colleges and schools among others. What settings would allow you to pursue your passion and your mission. And how can you test the waters to make sure you're on right track? Consider volunteer opportunities that can help you build skills and expand your network. Watch the webinar maximizing career success through strategic volunteering to get the most out of your volunteer experience. Several volunteer sites to consider are volunteer match, idealist and service leader and volunteer match also offers virtual volunteering options, so for instance, I worked with a student who developed a life skill guide for a non-profit organization as a virtual volunteer.
The Career Services Center website provides a full list of volunteer service learning and internship website you can use to identify the right opportunity for you.

And remember to be proactive.

Use Google or Dex knows yellow pages searches to identify organizations in your area that you're interested in, contact them directly and ask to meet with the department or organization directors.

Research the mission and the vision of your target organization.
What population of clients do they serve?
What is their culture?
What challenges are they faced with?
What are the job titles and credentials of their staff members?
And provide specific ideas for projects you can help with.
Can you coordinate activities, run a training session, use your skills to organize and/or improve current resources?
Let potential volunteer sites know how you'd like to contribute.
Next panelist Christina Dalpiaz will share how she leveraged networking, volunteering and other proactive
strategies to build her amazing career.

I would like to introduce Christina Dalpiaz. She is the founder of CHANCE, which stands for changing how adults nurture children's egos, a non-profit organization that promotes a healthy habits healthy homes approach to helping children and families heal after trauma. Christina holds an MS in psychology from Walden and has also earned certifications in victims advocacy, early childhood education and addiction counseling. She is an international motivational speaker and has authored four self help books, contributed to two others and produced training videos and documentaries for television that focus on recovering from adverse childhood experiences. Christina speaks regularly at conferences, educational facilities, legal establishments, corporations and other non-profit agencies.
Aurora family violence response team awarded her the above and beyond child advocate of the year.

Welcome to the program, Christina.

>> Thank you.

>> We are so happy that you’re joining us on this program.

And, Christina, what events led you to start your non-profit organization?

>> Like a lot of people who get into this field, I had experience with some challenges in my life.

I grew up in poverty in the Appalachian mountains.

I was a coal miner's daughter and granddaughter and I was pretty much conditioned to believe that college was not an opportunity for me.

At the age of 17 I joined the Navy and they offered me money for school and after my enlistment was up I went to college and got a job at a pilot project, I'm going to be dating myself, through the head start program, and
I started seeing that when you go in and work with a child, you can do a little bit, but when you work with the whole family, you change the entire system, and this made me very excited, and I worked for about ten years in that field when my nephew was removed from his mother's care due to domestic violence, and because I had been working in the field a little bit, I figured I could help him, but I realized there weren't any services whatsoever for children of domestic violence. And armed with this I had this amazing insight or what I thought was insight and I started introducing what we should do for children to domestic violence shelters and victim advocacies, and they really felt uncomfortable with my proposal, you know, so here I was trying to pitch this new niche, and no one was buying it so what I ended up doing was starting my own non-profit, and I kind of did like they said in the Field of Dreams, build it and they will come.
So I started going out and I would lecture for lunch.

I would volunteer at a conference for free.

One of my best jobs that I ever received was after a
free lecture at the domestic violence conference and
national conference, and I got the opportunity there to
work for five years with a bunch of children who had
experienced domestic violence, and I ended up writing
one of my books as a result of that, so I just felt like
if you could get out there -- when you go to
conferences, they often give you a pamphlet with all the
other speakers in it and their names, and so I would
call them, I would write them, and I would invite them
to speak with me.

I would invite them to help me write.

So it just catapulted from there.

>> Wonderful.

You were so active in pursuing your goals.

And how did your MS psychology degree help you build
your professional reputation?

>> Clearly it made me look more knowledgeable.

I had written a couple books prior to getting my
master's degree, and, you know, people enjoyed the books
but once I put the MS after my name, people started instantly considering me an expert.

And so that led to other people across the country reaching out to me and saying would you give me a chapter for your book.

So recently I was in Austria, and I asked them how they found me, and they said, We found your chapter in a book that I had contributed for free in 2008, so it took eight years, but I got this amazing paid-for trip to Austria to visit their country and to introduce what I thought would be some really concrete ways to change how we see domestic violence in kids, so that's what I'm doing now is I'm going out and I'm trying to change and shift the paradigm.

>> Uh-huh.

How else are you continuing to live your mission and promote social change?

>> Well, I -- right now what I think of every day is my dream is to get a Nobel peace prize.

Whether I get there or not is irrelevant but striving
for this goal gives me the excuse to promote change.

Like I said, I was in Austria.

I've been to Canada and Singapore, and I use laughter and joking which is a really tough subject, and I use the health habits happy homes approach and instead of telling people what we don't want from them I provide solutions for what we want for them, and honestly people want to change.

No one starts out wanting to do this wrong, so I just say get out there, volunteer, make connections and network and just continue to have a dream.

>> Thank you, Christina, and thank you for sharing your amazing career journey and also your passion for helping children and families and your constant activities in helping to promote social change.

And this leads us then to our next topic, how to prepare for a future career in psychology.

So what else will you need in order to achieve your
career goals.
Consider your next steps and what additional training will help increase your marketability.
Some volunteer programs offer training that can be built -- that can help you build your qualifications, and students I have worked with have obtained certification in domestic violence prevention, received training as volunteer court advocates and became crisis hotline volunteers, and these are just a few ideas to consider.
If your long-term goal is to become a licensed psychologist, consultant, educator and/or researcher, then first doing your Ph.D. may be the next step for you.
So explore the Ph.D. in psychology programs at Walden and tap into your network of professionals to learn more about career tracks at the doctoral level.
As you research positions in your area of interests you
may find that some positions require licensure so
consider programs such as the master's in mental health
counseling, master's in social work or the Ph.D.
programs in clinical psychology that are geared
specifically towards professional licensure, and contact
state licensing boards to inquire about requirements
since they vary state by state.
So whether your goal is to educate yourself on your
options or to research opportunities, you want to engage
in that before making your choice.
And continue to build your reputation by getting
involved in professional associations, attend
conferences and events, volunteer your time, submit
articles to newsletters and partner up with other
professionals to deliver presentations.
Assume leadership roles at work through associations in
your community, share your knowledge with others by
becoming a mentor and contribute and support Walden
social change mission through your community.
As you progress through your academic program, gain experience to match your degree level as much as possible.

So as an example a career progression may look something like this.

Start volunteering in social services while pursuing a bachelor’s in psychology.

Land a case manager position after earning your bachelor’s.

Complete an MS psychology degree and together with several years of experience advance into a program director position.

Pursue a Ph.D. for professional growth, consulting work or higher ed teaching opportunities.

So with that I would like to hand it over to Dr. Pinon, who will share her career path and professional development activities.

So welcome to the program, Dr. Pinon.

>> Hi, it's good to be here.

Hello, everybody.

>> Hello.

And Dr. Pinon, what professional activities helped you advance in your psychology career?
Well, I followed my -- I ended up wearing a lot of different hats because of my degree in developmental psychology.

I've been a faculty member, an instructor. I've also worked for -- in the corporate world developing test -- developing instruments for children, children with disabilities. I've also worked as a vice president of educational programs in a children's museum.

So there are a lot of opportunities out there for individuals with degrees in psychology, and as Dina mentioned earlier, the things that really helped me move forward in my career was networking and just getting out there and getting to know people, so I joined professional organizations, I presented. Even as a graduate student I was presenting posters at professional meetings. It's not that difficult to get a poster accepted at some
of these organizations.

It's always a good opportunity to get to meet people who are interested in the same areas that you're interested in.

I also got really involved with my colleagues as far as the kinds of research that they were conducting.

Not only did it help me in again developing my network, but it also showed that I was -- that I had experience collaborating with others and working on large-scale grants that showed I did have experience conducting research, understanding how to do it and how to bring in money, and finally like I guess the thing that really got attention for me as far as advancing my career, I published my research in scholarly journals.

That's often the -- a very challenging thing, but once you've had an opportunity to present posters and get involved with colleagues conducting research or faculty members conducting research, you have more opportunity
to find ways to publish that, and I strongly encourage
that as well.

>> Excellent.

Thank you so much for sharing your career path,
Dr. Pinon.

And next I'd like to invite Dr. Costello back to the
program.

Dr. Costello, welcome back.

>> Thank you.

>> Dr. Costello, based on your own experience and work
with undergraduate students, what three tips would you
give psychology students who are seeking to advance
their careers?

>> I have definitely a range of tips that I'll condense
into three.

One of them I would encourage you to get to know your

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instructors.

I know it's harder on line and the classes are only six
weeks long and they go pretty fast.

But make an extra effort.

You can schedule phone calls, e-mails.

You don't necessarily have an instructor a second time
so really have to make the effort, extra effort.

We also have a mentor program that was recently started
as part of a new class that we're calling psychology

seminar which is psych 2000.

Some of you may have taken it already or are taking it.

Some of you in the old program of study don't have to
take it but it's an option as an elective.

And the class is really set up to get you thinking about
what does it mean to be a psychology major and what can

I do with this.

So it's a little bit of everything, but as a part of

that once you leave the class, you get assigned a mentor

and I would like to offer that to all psychology

students, and it's based on your last name.

There are four of us that are serving as mentors, which

just means we're available to help you out.

We're different than advising because we're in the

field.

We want to answer questions, clear up any confusion. If
you're interested in doing that, send me an e-mail and I can get you hooked up with your psych mentor based on your last name.

Whether you're going to graduate school or not just for jobs it helps to have someone who can speak to your academic credentials, so just going that little bit of extra mile to get to know your instructors really can pay off.

We've also talked a little bit about just getting experience volunteering, doing internships, informational interviews.

I tell students that you can always ask. No one is going to take the time to send you an e-mail back yelling at you for asking.

The worst that will happen is you won't hear back. Offer to take them out for coffee. I'll buy the coffee.

Give them a little extra incentive to meet with you, so just getting out and talking to people in the field I
think can do a lot more than someone like me, for example, that I went a specific route and research is my background, so I don't know as much about the applied and working with clients, so I don't have all the answers.

So talking to as many people as you can, volunteering.

I volunteered after I finished my undergraduate to work at a VA hospital doing research in a lab. I needed the experience before starting graduate school, and I got the valuable experience and I was able to have the person I worked for write a letter of recommendation and I had the opportunity to present my own ideas and presenting at conferences and we've already touched on just again talking to people in the field. Maybe if it's go you don't think you're interested in but you want to make sure you for sure can cross it off the list.
So again talking to them to get their perspectives.

Back to the mentor program that I mentioned, we did a pilot program in that and that's actually where I met Alissa.

We're both from the lovely state of Idaho, which was a random coincidence.

And we were able to meet in person which was more exciting.

That doesn't always happen when you're in a virtual environment.

But that's what's nice that you can have a real cup of coffee, not a virtual cup of coffee.

And I continued to do that even in my current career as

I think about what I want to do next thinking ahead.

So hopefully that bit of advice, that wasn't necessarily succinct, can help some of you.

Again if you're interested in the mentor program for undergraduate psychology students, please send me an
e-mail.

I'm happy to help.

>> Thank you, Dr. Costello.

This is wonderful advice, and with that we'd like to now open it up for questions.

Nicolle, do we have any questions from the audience?

>> Yes, we do, and we have some comments of, wow, the great speakers and all their achievements.

Let's see.

Okay.

Actually, Dina, this is a career question for you.

Can we as students join the group?

Now this person I'm not sure if they're referring to our LinkedIn group or the group, the psychology groups on LinkedIn.

But either way I think the answer is the same.

While we are students, so can we join the groups while we're students but not yet working in the field?

>> That's a great question.

First I'd like to address the question about the Walden
University Career Services Center LinkedIn group.

Everyone can join our group.

It is a private group, so you do want to visit the Career Services Center website, and from there on the -- on our home page there's a LinkedIn icon on the left. You just click on that icon, and as long as you have a LinkedIn account set up, you can ask to join our group, and of course we would be happy to have you join the group.

Now, the other groups that we talked about where you can find a list of psychology groups on the Career Services Center website under the resources tab, you can join those groups. They're full of professionals working in the psychology field, social services professionals in a broader sense, and also students, so go to LinkedIn, look for groups, put in the keyword "psychology" or "social services" or any other interest area, and groups will pop up for you, and then you can read about them, all of the groups have a blurb about who they accept and what their mission is and join the ones that are most appropriate.

So great question.
Dr. Costello.

The question is, is there a psychology mentor for doctoral students?

Great question.

>> Yes, I started it for the undergraduate students because that's probably the point in time where you have the doors wide open in so many different areas to go into.

How do you narrow it down.

I can't speak to the doctoral program.

I would say once you start doing your dissertation and have a chair, they in a way become your mentor as well or even your second committee member and when you reach out to someone to become the chair of your dissertation committee, you can say I'm also interested in having a
mentor, someone I can stay in touch with beyond the time
of my dissertation.

Can you help me XY and Z areas.

So certainly doesn't hurt to ask because the chair of
your dissertation committee can wear many hats.

It can be somebody who is strictly giving you feedback
but the relationship can be much more than that and I
think it's up to the student to try that and certainly
finding somebody that's a good fit.

Sometimes it's easier said than done, but that would be

my advice regarding that, so there's not like a formal
program like I'd set up but at that dissertation phase
is where you can approach someone to be your mentor
that's on your committee.

>> Thank you.

>> And this is Dina.

I'd like to just add to that that many professional
associations, they also have mentorship programs, so
check professional associations.

I know for instance, the American Counseling Association has an excellent mentorship program.

But there are mentorship programs out there, but you can surround yourself with advocates and supporters and mentors simply by networking, by doing informational interviews and meeting people, meeting other professionals who are more advanced in their careers and have them give you advice, feedback, and if you have a strong networking relationship built, you can also ask someone to be either your formal or informal mentor.

So knowledgeable people can be your mentors and help you move forward.

>> Exactly.

This is Nicolle with Career Services.

I agree with Dina.

There doesn't have to exist a formal mentorship program.

We know students actually in the DBA program that met at
residency, and one student was further along in the
program than the other, and they started helping each
other out and one kind of -- they became mentors and
next thing you know they were doing consulting
opportunities together so there's all types of ways you
can reached out to people on LinkedIn as well, so you
don't have to have a formal mentorship program.
Next question -- okay.
So piggybacking on that, Dina, you can answer.
Someone just wrote in, what's the difference between a
formal and informal mentor?
Okay.
Great.

>> Yeah, and those lines can be blurred.
I guess a formal mentor would be like a formal
mentorship program.

>> Through a program that's already set up like
Dr. Costello was mentioning.
And informal anybody who can give you advice and help
you move forward in your career.

>> Right.

I can ask Dina.

She has a background in HRD.

So I would say hey Dina could we meet once a month and
give me some career advice and I'm breaking into that field, so just ask a colleague.

So great question.

Our next question probably for faculty.

What do you think of the national health services core route to breaking into the field of psychology?

So either Marites or Dr. Costello.

>> I'm not really familiar with that, so I really can't speak to it.

>> Okay.

>> I don't know if Dr. Costello --

>> It says national health services core.

So I don't know if that's a federal run program kind of like Americorps.

>> This is Dina.

I'd like to step in.

And I don't know about the national health services corps, but I would say any organization or any program
that can help you build experience especially if you’re a career transitioner, you have to start somewhere. As Nicolle mentioned earlier, I started my career as a BS psychology student, and I volunteered in a variety of different settings to help build my experience, so again if you don’t have the paid work experience, you need to find programs or ways that you can build that experience and enhance your network so that you are exposed to more opportunities and build skills.

So Alissa’s story was a perfect example of that, that through networking she was able to gain employment. She was able to contribute to her community, and then the same way Christina’s story where she started volunteering.

She started a non-profit and she gave lectures for free and basically did anything and everything to build her reputation.

>> Great.
And actually the student who asked that question is then following up with a comment saying this organization helps with loan repayments while working in the field so why not, right?

Look it up, see what the requirements are, get involved.

Okay.

One more question for Career Services.

If I'm a career transitioner in psychology, I don't have a lot of experience, but from the webinar I'm going to get out here and try to start volunteering.

But I'm really worried about the resume.

Does Career Services offer any resume samples related to psychology that I could, you know, look at and get some ideas.

>> We sure do.

And I encourage you to visit the Career Services website.

We have an entire resumes and CVs tab.
We also have an OptimalResume system that you can register for, and it has a resume builder with over 400 resume samples and customized samples for psychology, counseling, social work and related fields.

So we have so many resources available for you, and by the way, the OptimalResume system is free for students and alumni, so all you have to do is register with your Walden e-mail address and can use any of the modules so you can build resumes, cover letters, career portfolios and practice interview prep.

So there are many, many resources, and as you can see there's a screen shot of our website, and there's a star next to the OptimalResume system.

>> Great, Dina.

Thank you.

So with that speaking of the Career Services website again access our resources.

We do have customized psychology samples as Dina mentioned and the OptimalResume system which actually is way beyond resume.

It has five modules in it to help you build a solid
cover letter, interview prep module, an ePortfolio and a professional website.

Also we want to mention our archived webinars.

This webinar today will be archived there within a week.

We have over 80 archived webinars and a lot of the resources we talked about today, career exploration, career research, ONET are located under that resources tab.

Professional associations, LinkedIn groups, job boards, etc.

Under the archived webinars here's a sample of some that you might be interested in if you do have specific interests in IO psychology, please we encourage you to view the career opportunities in industrial organizational psychology that you can see there on the screen among many others in strategic volunteering that just give amazing, amazing insights and advice and resources on launching into your career.

Also of course we have various social media options.

We mentioned our LinkedIn group.

We encourage all of you and welcome and invite all of
you to join our Walden University Career Services LinkedIn group, please go to our website, which is right here, careercenter.waldenu.edu.

All you have to do is click on the LinkedIn logo and click join and we will accept you to our group.

We're also on Twitter.

We have an amazing YouTube channel where we have success stories videotaped from doctoral students from residency.

We have an amazing blog and Facebook page.

So we do announce a lot of events through those social media tools.

And finally we would like to end the webinar with this final thought.

Every person on this earth is full of great possibilities that can be realized through imagination, effort and perseverance by Scott Barry Kaufman, who is a cognitive psychologist.
We want to absolutely thank you for coming and give an extra thank you to our panelists and faculty Christina Dalpiaz, Alissa Bratt, and our distinguished Walden faculty Dr. Costello and Dr. Pinon.

Have a wonderful evening and thanks again for joining us.

[This text is being provided in a lightly-edited format. Communication Access Realtime Translation (CART) is provided in order to facilitate communication accessibility and may not be a totally verbatim record of the proceedings.]