

## TRANSITION TO CAREER PSYC 3802

<b>Course</b>	Psyc 3802 The transition from university to career
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<b>Term</b>	Winter 2021
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### COURSE DESCRIPTION/INSTRUCTORS STATEMENT

Does the question “What are you doing to do after graduation” make you cringe? Confused by all of the choices and wondering how to make decisions on what to do after you get your degree? Wondering what jobs are available to people with a BA or BSc in Psychology and how to find them?

Leaving university and entering the workforce after graduation can be an exciting, but also frightening, journey. In this course we will explore personal and professional transitions including assessing your overall experience as a Psychology major, understanding your personal values and how they relate to potential careers, and introducing you to some of the complex and dynamic aspects of the current work world including uncertainty and career changes. There will be a balance of the academic (e.g., reading about and understanding career theories) and the practical (e.g., using career development assessment tools in your own self-assessment).

The in-class component will involve lectures, guest speakers, group work, in-class activities, and discussion. Attendance is expected, as you will be graded on actively participating in class.

If Carleton courses are on-line in Winter 2021, I will adapt the course material. We will have some on-line meetings during our scheduled time but other course components will be available on cuLearn for you to work through on your own time.

### EVALUATION

There is no exam in this course but there will be multiple assignments, all of which will require a good deal of writing. I'm still working on the assignments, but the evaluation will include some of the following:

1. Multi-component personal exploration cuPortfolio assignment, which will require in-depth self-reflection and will demonstrate your ability to write concisely and will improve your professional self-presentation skills
2. Job shadow with reflection paper to learn about expectations for different professions and to develop your networking and self-presentation skills
3. Job profile to learn about job search resources
4. 3-minute presentation to the class, which will highlight your preparedness for the work world and demonstrate your oral communication skills
5. Discussion of assigned readings so that you learn the theory behind the assignments
6. Graded in-class assignments and class participation

Please note that the written assignments involve a great deal of self-reflection and are not typical research-based papers. These assignments will be short in length but are expected to be packed full of content.

## **TEXT**

Readings of academic journal articles related to the topic of the week. The articles will be available through the Carleton library.