

PSYC 3802 A : TRANSITION TO CAREER

Instructor	Janet Mantler
Term	Fall 2023
Course Delivery	In Person
Email Address	Janet.mantler@carleton.ca
Office Location	DT 1511
Office Hours	TBA

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).

This course will be delivered in-person with supplemental material on Brightspace.

EVALUATION

There is no exam in this course but there will be multiple assignments, all of which will require a good deal of writing. 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.

1. A 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. Informational interviews with a reflection paper to learn about expectations for different professions and to develop your networking and self-presentation skills.
3. A 5-year plan that involves three potential plans and includes a creative component for each plan.
4. Course engagement that involves weekly submissions and participating in in-class sessions. Actively engaging with the course counts for 10% of the final grade.

TEXT

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