

Educational and Career Plan

Introduction

Psychology counsellors are a type of mental health professional that provide therapeutic services to individuals, couples, families, and groups. Their goal is to help improve the mental health of their clients by providing support, guidance, and direction. Counsellors use a variety of techniques to achieve this, including cognitive-behavioral therapy, interpersonal therapy, and psychoeducation. In addition to their direct work with clients, psychology counsellors also play an important role in promoting mental health within the larger community. They may provide workshops or seminars on topics such as stress management or conflict resolution. They may also serve as advocates for policy changes that would improve the mental health of the population (Nevid, 2021). Ultimately, psychology counsellors play a vital role in improving the mental health of both individuals and communities.

Accordingly, my goal is to earn my Ph.D. in psychology and become licensed as a psychologist so that I can work in a hospital setting. The Career Center resources will help me reach this goal by providing me with information about different careers in psychology, education requirements, and salaries. In addition, the Writing Center resources at Purdue Global will help me develop the writing skills necessary for success in my academic career. By taking advantage of all that Purdue Global has to offer, I am confident that I will be successful in my studies of general psychology and reach my career goals as a counsellor of psychology.

Therefore, I am committed to helping people improve their mental health, and I believe that my career goals will allow me to make a significant contribution to the field of psychology.

Degree Plan

A general approach toward psychology will provide me with a broad overview of the field and prepare me for a variety of potential careers. As I am interested in working with people

to help them overcome psychological challenges, therefore a degree in psychology is the right choice for me. In addition to providing me with an understanding of human behavior, a psychology degree will also give me the opportunity to develop both my research and writing skills. As a result, a career in psychology can be both personally and professionally rewarding. As I am interested in exploring the world of psychology further, therefore general psychology will provide me with the opportunity to concentrate in many of its many subfields to get insight regarding the foundation and progress of psychology. Moreover, each subfield offers its own unique perspectives and approaches to studying human behavior; therefore, by selecting a counselling focus, I can tailor my education to better suit my personal interests and career goals of becoming a mental health professional.

Furthermore, the practicum is an opportunity to apply psychological principles and receive feedback in a safe environment (Allan, 2018). Accordingly, It will allow me to explore different careers and build important relationships. As, my career goals are to become a psychologist or counselor, and the practicum may give me a chance to explore both fields. I have shadowed a psychologist in private practice and a counselor in a school setting. I have also had the opportunity to lead groups and work one-on-one with clients. Each experience has taught me valuable lessons about the process of helping others.

Furthermore, when deciding between the comprehensive exam and thesis option for general psychology, there were a few key factors that I kept in mind. The first is my career goals; for instance, as I am planning to pursue a doctoral degree, therefore the thesis option have been a better choice for me as it will give me experience in conducting original research. Another factor that I considered is the amount of time I am willing to dedicate to my studies. The thesis option requires a significant time commitment as I will need to design and execute an original research

project (Sharp et al., 2017). Ultimately, the decision of selecting thesis is based on my specific goals and circumstances.

Moreover, psychologists use a variety of methods to study behavior, including experiments, naturalistic observation, and surveys. In addition to studying how people behave, psychologists also seek to explain why people behave the way they do (Maslow & Press, 2022). Accordingly, the field of psychology is divided into several subfields, each of which investigates a different aspect of behavior. For example, developmental psychologists focus on changes in behavior across the lifespan, while social psychologists study how people interact with others (Valsiner, 2021). Thus, as I aim to pursue the field of general psychology; therefore, I strive to understand and explain all aspects of human behavior.

Course Number	Course Name
PS501	Foundations of Professional Psychology
MM570	Applied Statistics for Psychology
PS502	Ethics and Standards of Professional Psychology
PS504	Advanced Research Methods
PS505	Testing, Measurement, and Assessment
PS506	Life Span Development
PS601	Master's Research and Thesis I
PS602	Master's Research and Thesis II
PS510	Qualitative Analysis
PS515	Learning and Behavior
PS520	Neuropsychology
PS525	Foundations of Psychopathology

PS530	Cognitive Psychology
-------	----------------------

Licensure/Credentialing Plan

Required Licensure/Credentialing

General Psychology is the study of human behavior and mental processes. Psychologists working in this field may work in a variety of settings, including private practices, hospitals, clinics, and schools. Although licensure requirements vary by state, most states require psychologists to have a doctoral degree in psychology from an accredited program. In addition, psychologists must complete a supervised internship and pass a national exam before they can be licensed to practice. Some psychologists may also choose to pursue additional credentials, such as becoming a Board Certified Behavior Analyst or a Registered Play Therapist. By meeting these professional standards, psychologists are able to provide high-quality care to their clients (Valsiner, 2021).

Additionally, at the doctoral level, licensure and credentialing requirements vary depending on the state in which one practices. In general, however, licensure is required in order to perform psychological assessments and provide therapy to patients. There are a number of different credentialing organizations that offer certification in various areas of psychology, such as clinical psychology, counseling psychology, and school psychology. Doctoral-level psychologists must also complete an internship and postdoctoral residency in order to be eligible for licensure (Silberbogen et al., 2018). In addition, most states require that psychologists take a continuing education course every few years in order to maintain their license (Abacan et al., 2019). Consequently, those who wish to practice psychology at the doctoral level must be prepared to meet a number of requirements in terms of education and training as counsellors

typically have a doctorate in psychology, and they use their training to help people with mental health issues, or to assess and treat mental health disorders..

Furthermore, in the United States, there is no single governing body that oversees licensure and/or credentialing for general psychology professionals. Instead, psychologists are regulated by a patchwork of state-level boards and organizations (Trebilcock, 2022). The American Psychological Association (APA) is the largest professional organization for psychologists in the country, and it sets ethical standards for the profession. However, the APA does not have any direct authority over individual psychologists. Instead, each state has its own licensing board that sets standards for practicing psychology within that state. Some states also have specialty boards that obscure credentials for specific areas of practice, such as clinical or counseling psychology (Trebilcock, 2022). Thus, specific information can be acquired as per the target state's guidelines.

Steps and Requirements

The requirements for licensure and credentialing in the field of psychology vary from state to state. In most states, a person must have a doctorate in psychology from an accredited program and pass a national exam in order to be licensed as a psychologist. Some states also require that psychologists complete an internship or postdoctoral fellowship. In addition, many states require continuing education in order to maintain a license. At the national level, psychologists can also become credentialed through the American Board of Professional Psychology (ABPP) (Abacan et al., 2019). To become credentialed through the ABPP, psychologists must have a doctorate in psychology, complete an approved internship, and pass a comprehensive written examination.

Additional Requirements

Most states require psychologists to be licensed in order to practice. However, there are a few additional areas that may be required for licensure that are not typically addressed through a master's degree plan. For example, many states require psychologists to complete a certain number of hours of continuing education in order to renew their licenses. Additionally, some states have specific requirements concerning the supervision of internships or postdoctoral training. As a result, it is important to be aware of the specific requirements for licensure in your state before beginning your graduate studies.

Career Plan

Career Goals

I am interested in working as a general psychologist in a hospital setting because I want to help patients with a wide range of mental health issues, from anxiety and depression to post-traumatic stress disorder. I believe that my skills in counseling and therapy will help me to make a difference in the lives of my patients. In 3 years, I see myself working as a psychologist in a hospital or clinic. In 5 years, I see myself working as a psychologist in private practice. In 10 years, I see myself working as a professor of psychology at a university. I am committed to helping people improve their mental health, and I believe that my career goals will allow me to make a significant contribution to the field of psychology.

Additional Education, Licensure, or Credentialing

To work as a general psychologist in a hospital setting, I will need to earn my Ph.D. in psychology and become licensed as a psychologist.

Area of Deficiencies

There are many areas of deficiency that I may need to address or overcome in order to achieve success in the field of general psychology. One such area is the lack of experience that I have currently as I am entering in the field of psychology. I plan to address this by seeking out internships and other opportunities to gain experience in the field. Additionally, I need to improve my research skills in order to be successful in his field. Accordingly, for improving my research skills, one way may be to gain more experience and knowledge in this area is to participate in research projects. I may achieve this by seeking out opportunities to work on research teams or by conducting independent research projects. Other than that, I also need to strengthen my communication skills in order to effectively work with clients or patients. Therefore, to strengthen my communication skills, I may found number of ways to improve it. For instance, one option is to attend workshops or seminars that focus on communication skills. Additionally, I can practice communicating with others by giving presentations, participating in group discussions, and writing articles or blog posts.

Moreover, another area I need to address for a successful career in general psychology is lack of access to resources. This can include anything from lack of funding for research projects to limited availability of qualified professors to teach relevant courses and lack of opportunities. This can manifest itself as a shortage of jobs in the field or a lack of scholarships and other forms of financial aid available for pursuing psychology degree. However, there may be a number of ways to to find more opportunities in the field. One such option is to network with other professionals in the field and attend conferences and other professional events. Additionally, I may seek out scholarships and other forms of financial aid to help myself pursue a degree in

psychology. Thus, by following these action plans I will be able to address the deficiencies that may adversely influence my success in the career related to general psychology.

Career Center Resources

The Career Center resources will help me to reach my career goals in general psychology by providing me with the information and tools I need to make informed decisions about my career. The Career Center website has a wealth of information about different careers in psychology, including job descriptions, education requirements, and salaries. The Career Center staff can also help me to explore different career options and connect with potential employers. In addition, the Career Center offers workshops and events that can help me to develop the skills such as empathy, critical thinking, and effective communication. As well as the ability to maintain my composure in difficult situations and be able to handle stressful environments (Berger, 2021). Thus, I am confident that the Career Center resources will help me to achieve my career goals in general psychology.

Other Purdue Global Resources

Purdue Global's Writing Center is an excellent resource that I plan to take advantage of throughout my studies in general psychology. The center offers a variety of services, including one-on-one consultations, online resources, and workshops. I believe that the individualized attention from the writing consultants will be especially beneficial as I work on papers for my courses. In addition, the online resources will be a valuable tool for improving my writing skills. The Writing Center is just one example of the many Purdue Global resources that I plan to use to support my academic success. Other resources that I will utilize include the Career Services Center and the Library. Thus, by taking advantage of all that Purdue Global has to offer, I am confident that I will be successful in my professional milestones related to general psychology.

Resources Outside of PG

There are many external resources that can support my academic and career success in general psychology. One such resource is professional societies, which can provide advice, networking opportunities, and job postings. Another valuable resource is mentors, who can provide guidance, support, and advice. However, it is important to choose these resources wisely, as not all will be equally effective for every student. For example, some professional societies may be more helpful for students interested in research, while others may be more beneficial for students interested in clinical work. Similarly, some mentors may be more knowledgeable about the field of psychology than others. As such, it is important for me to select external resources that will be the most helpful for my individual needs. By doing so, I will be able to maximize my career success in general psychology.

Conclusion

Consequently, the resources that I have access to as a student at Purdue Global, combined with the many external resources available, will help me to achieve my career goals in general psychology. I am confident that by taking advantage of all that these resources have to offer, I will be successful in my studies and in my future career.

References

- Abacan, M., Alsubaie, L., Barlow-Stewart, K., Caanen, B., Cordier, C., Courtney, E., Davoine, E., Edwards, J., Elackatt, N. J., Gardiner, K., Guan, Y., Huang, L.-H., Malmgren, C. I., Kejriwal, S., Kim, H. J., Lambert, D., Lantigua-Cruz, P. A., Lee, J. M. H., Lodahl, M., ... Wicklund, C. (2019). The Global State of the Genetic Counseling Profession. *European Journal of Human Genetics*, 27(2), Article 2. <https://doi.org/10.1038/s41431-018-0252-x>
- Allan, A. (2018). Applying Research Findings to Enhance Pre-Practicum Ethics Training. *Ethics & Behavior*, 28(6), 465–482. <https://doi.org/10.1080/10508422.2017.1313705>
- Berger, S. L. (2021). *College Planning for Gifted Students: Choosing and Getting Into the Right College (Updated ed.)* (4th ed.). Routledge. <https://doi.org/10.4324/9781003233725>
- Maslow, A. H., & Press, G. (2022). *Toward a Psychology of Being*. GENERAL PRESS.
- Nevid, J. S. (2021). *Essentials of Psychology: Concepts and Applications*. Cengage Learning.
- Sharp, J. A., Peters, J., & Howard, K. (2017). *The Management of a Student Research Project* (3rd ed.). Routledge. <https://doi.org/10.4324/9781315238449>
- Silberbogen, A. K., Aosved, A. C., Cross, W. F., Cox, D. R., & Felleman, B. I. (2018). Postdoctoral training in health service psychology: Current perspectives in an evolving profession. *Training and Education in Professional Psychology*, 12, 66–73. <https://doi.org/10.1037/tep0000182>
- Trebilcock, M. J. (2022). *Paradoxes of Professional Regulation: In Search of Regulatory Principles*. University of Toronto Press.
- Valsiner, J. (2021). *General Human Psychology*. <https://link.springer.com/book/10.1007/978-3-030-75851-6>

Licensure/Credentialing Requirements

Below are links to the websites of some of the major governing bodies in psychology:

American Psychological Association: <https://www.apa.org/>

National Board of Certified Counselors: <https://www.nbcc.org/>

State Psychological Associations:

<https://www.apacounselingstates.org/i4a/pages/index.cfm?pageid=3314>

