



**PARK**  
UNIVERSITY

# Career Center News

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**SPECIAL  
EDITION:  
PSYCHOLOGY**



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**Upcoming Events:  
Social Sciences  
Mock Interview  
Day:  
Tuesday April 5th,  
2011  
8:00am - 1:00pm  
Students are invited  
to sharpen their  
resume and  
interviewing skills.  
Contact Traci  
Klasing for more  
information.**

## Analyze This: Park Psychology Student Samantha Gross

By LaKeisha Brashier-Halde

Originally from Adelaide, Australia, Samantha Gross is a senior psychology major. She holds many accomplishments; including being the President of Park's Psi Chi International Society as well as being awarded an ESPN Academic All-District 7 Women's Soccer Third Team Honor. Samantha knew from the age of 10 that psychology would be her chosen career field. Her father wanted her to be a surgeon, but her hands were "too shaky" she says. Samantha loves the practical application of psychology but don't get her wrong, she definitely doesn't run around analyzing people. "It's just fun to recognize and understand in daily interactions the things you learn in the classroom...psychology can be applied to almost everything!" she says.



While enrolled in Professor Traci Klasing's Career Counseling course, her interest was piqued in the area of employment relations; which combines career and psychology elements. Towards the end of the class, an internship opened up in Park's Career Development Center, and Samantha decided to go for it and was selected. She learned many invaluable career planning tools that she uses in helping others as well as herself. The position was extremely diverse in its tasks and allowed her to put into practice many things she'd learned over the years. "Perhaps what I got most out of my internship was how to meet and develop rapport with clients, which is a skill I can take with me anywhere" she says.

She feels her degree and experience will continue to open many doors. Her internship unraveled a passion within her for education and simply interacting with people. She sees herself working in Higher Education, or an area with some form of student interaction because she loves the diversity it brings. Her future plans include attending graduate school, and eventually obtaining a Ph.D.

## Park University's Career Development Center

By LaKeisha Brashier-Halde

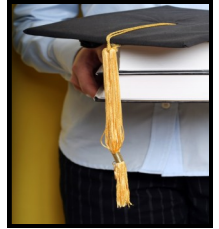


The mission of the Career Development Center is to creatively provide career and graduate school services/resources to effectively maximize career opportunities for students, alumni, employers, and the global university community. The Career Development Center (CDC) provides services for all stages of career development including personal counseling related to careers (in person, via phone, or online communication), resume and cover letter critique and construction, resources for career exploration, internship assistance and information, graduate school selection/admissions information, career and life planning, job search strategies including networking, self-marketing, and internet research, interviewing techniques addressing behavioral & informational interviews, and live online career chat. The goal of the CDC is to provide career planning tools to insure a lifetime of career success. For more information visit [www.park.edu/career](http://www.park.edu/career).

## Graduate School For Psychology Majors

By Shelly Summerour

If you graduate with a degree in education, nursing or computer science, you probably have a pretty good idea of what you will be doing after obtaining your Bachelor's. However, for many psychology majors, the opportunities that attracted them to the field in the first place require higher education beyond the B.A. degree, such as providing therapy or working on a research team. For the social science degree seekers, there are always several decisions to make. How will I apply my degree towards future employment? Do I need to get a Master's or Doctorate degree? Should I work in the field and gain experience before I start or should I go right after I receive my B.A.?



These are questions that many Psychology majors have and the answers will depend on what you are looking for and what works best for your set of circumstances. To help make these important decisions, first it would be helpful to identify what it is you want to do. If you want to be a counselor, for example, then looking into graduate school would be the next step. If you are unsure, however, gaining work experience in different areas might be the best option to help you get exposed to the field and find out what you want to do.

*“Receiving a degree beyond the B.A. takes more of your time and a lot more of your money. How much are you willing to invest? Someone once told me that when you say “yes” to one thing, you are saying “no” to something else.”*

There are many advantages to receiving a Master's or Doctorate degree in a psychology-related field. Some of the possibilities include; opening your own private practice and setting your own schedule, providing therapy in an agency, teaching at the college level and doing research at a university. However, this is just the tip of the iceberg. Psychologists and counselors also work in all types of settings; including hospitals, schools, social service agencies, corporations and businesses.

Despite all these advantages, receiving a degree beyond the B.A. takes more of your time and a lot more of your money. How much are you willing to invest? Someone once told me that when you say “yes” to one thing, you are saying “no” to something else. Saying yes to graduate school might mean saying no to spending time with your family, not taking that trip to another country (at least for now), and various other social events you might miss out on. After looking into scholarships and tuition reimbursement options with employment, are you willing to take out more loans if those don't cover the bills?

With so many options and different requirements for getting into each school, you should probably plan on preparing for a year before you start your graduate program. Most graduate schools require you to take the GRE, an entrance exam, but not all do. You will also most likely need letters of recommendation from professors or supervisors and a personal statement. Therefore, if you are planning to attend graduate school right after you receive your B.A., it would probably be wise to start preparing as a junior. Choosing the right graduate school requires a lot of homework and the deadlines for applications are usually several months before the program starts.

Even though it does take some sacrifice, you will probably find there are many rewards to graduate school. Oftentimes you make more connections with your classmates in these programs. All of you had to go through the same trials to get there and you all have similar interests! If you are curious about grad school, start asking your professors about it or make an appointment in the Career Development Center for assistance. Talking to people who have gone through it is always a good place to start.

## Student Stressor: Don't Forget About Self-Care!

By Shelly Summerour



With studying, attending class, working, and taking care of others, pets, family functions, and so on, it's very easy to forget something very important...YOU! We all know ways to be healthy such as drinking water, exercising, and eating a balanced diet, but sometimes it seems like we don't have the time.

It's too easy to go to that vending machine and get a soda or a candy bar. One way to remember to drink water is to carry a refillable water bottle with you. It's easy and it's free to use the water fountains to keep refilling it throughout the day. Throw some apple chips or other healthy snacks in your bag the night before so they are readily available when you need them. For exercise, use the stairs! Taking simple measures such as parking a little further away or avoiding the elevator will increase your daily activity without having to make time for the gym.