

# Options with a degree in Psychology

## What skills will you develop?

Psychology graduates have the following skills:

- Excellent communication and listening skills
- Self-management and problem solving
- Application of numeracy and information technology
- Apply psychological knowledge to work, relationships and the broader community
- Work collaboratively with others
- Scientific and critical analysis

**These are just a sample of jobs where a Psychology degree would be a useful background or relevant first step prior to further training or study.**

- Art therapist
- Clinical psychologist
- Cognitive behavioural therapist
- Counselling psychologist
- Dance movement psychotherapist
- Drama therapist
- Educational psychologist
- Family care worker
- Forensic psychologist
- Further education teacher
- Health psychologist
- Higher Education lecturer
- Human Resources officer
- Market researcher
- Marketing analyst
- Mental health recovery worker
- Occupational psychologist
- Occupational therapy
- Play therapist
- Police officer
- Primary school teacher
- Psychotherapist
- Social work
- Sport and exercise psychologist
- Support officer

## What have recent Psychology graduates gone on to do?

- Assistant psychologist
- Clinical Psychologist in training
- Counselling Psychologist in training
- Emotional Resilience Outreach Worker working with alcohol and substance misuse
- Lecturer in Psychology
- PhD level study and research work
- Prison officer
- Research assistant
- Senior Family and Bereavement support worker
- Support Worker in a mental health setting
- Working with victims of domestic violence

## What other career options are there?

Many employers seek graduates with a good degree (usually a 2.2 or higher), and over 80% of employers don't have a preference for the subject studied; however psychology gives graduates such a wide range of skills that it makes them attractive for other graduate level jobs. Some of these will involve further study or training:

- Administration
- Management
- Civil Service
- Local government
- Law
- Human Resources
- Recruitment
- Banking
- Accountancy
- Finance
- Insurance
- Hospitality
- Events management
- Public Relations
- Marketing
- Sales and retail
- Advertising
- Charity and voluntary work
- Tourism
- Politics
- Probation or community rehabilitation companies

**For more information about different sectors and job roles, including career-planning tools, the following websites are helpful:**

[Prospects](#)

[National Careers Service](#)

[TargetJobs](#)

[AllAboutCareers](#)

## What help is available from the University of Cumbria?

The Careers and Employability Service can support you with your career planning throughout your time at university, and for up to three years after you graduate. During this time, you can access our career hub, [My Career Enriched](#), which enables you to:

- search for graduate jobs, part-time work, work experience, placements and paid internships
- book one-to-one advice and guidance appointments
- book a practice interview
- book onto employability events
- CV/application review service

We also offer practical workshops on a range of employability topics, as well as advice and information about further study.

Students with a disability or health condition can request information and advice on finding disability confident employers, how to declare a disability, applying for work, and requesting adjustments in the recruitment process.

Access our range of careers information and resources on [My.Cumbria.ac.uk](http://My.Cumbria.ac.uk)

### Other useful sources of advice

[British Psychological Society Careers](#)

[Chartered Management Institute](#)

[The Chartered Institute of Marketing](#)

[TUC – Trade Unions in the UK](#)

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