



MIDDLESEX COMMUNITY COLLEGE STRATEGIES FOR SUCCESS ADVISING GUIDE: *Psychology Major*

The **Psychology Concentration Associate in Arts degree program** is designed for students planning to transfer to a bachelor's degree program in psychology. This program provides students with a foundation of scientific knowledge, theories, research and practical applications in psychology. This program qualifies for *Mass Transfer*, which guarantees credit transfer to Massachusetts state universities.

This advising guide includes information that will help you to explore your academic and career interests and determine whether the **Psychology major** will support your long-term goals.



EXPLORE YOUR OPTIONS WITH ACADEMIC ADVISING

Throughout each semester, meet with your advisor so that he/she can guide you through a self-exploration process that will help you identify your academic and career interests.

Beginning of Semester:

___ Schedule an appointment to meet with your academic advisor during the first few weeks to discuss future plans and how a Psychology Degree can help you achieve your goals.

___ Explore your personal interests by completing Focus2, an online career assessment tool:
<https://www.middlesex.mass.edu/careerservices/focus2.aspx>

Mid-Semester:

___ Schedule an appointment with academic advisor review your academic progress, Focus2 results and create an academic plan in Degree Works.

Before Semester Ends:

___ Schedule an appointment to discuss and register for the classes you will take the following semester. (Early November for spring, Early April for fall and summer)

___ Visit the Academic Career & Transfer Center or call 1-800-818-3434 to schedule an appointment.

INSIDE THIS GUIDE

- Exploring Your Options
- Personality Inventory
- Career Path
- Transfer Path

PSYCHOLOGY PROGRAM OUTCOMES

Graduates of the program are prepared to:

- Articulate and explain major psychological concepts, theories, and empirical findings;
- Write effectively, incorporating information and technology literacy skills as appropriate;
- Analyze and apply psychological principles to understand the causes of human behavior personally, socially and organizationally;
- Move from relying on “common sense” or biased patterns of thought to make sense of observations, and problem solve to effectively use the scientific method and critical-thinking approaches for these same purposes;
- Discuss and demonstrate their understanding of, and respect for, diversity as a result of their study of psychological research and theory

CONT. NEXT PAGE



PSYCHOLOGY PERSONALITY INVENTORY

Answer true or false to the following statements:

This inventory will allow you to assess whether the psychology major fits your personality traits.

#	QUESTION	TRUE	FALSE
1.	I enjoy helping people.		
2.	Much of the time I find that people can be annoying.		
3.	I am very open-minded.		
4.	I feel unable to tell anyone all about myself.		
5.	I prefer reading books and articles about people and scientific research about human nature.		
6.	I prefer watching reality TV as a way to gain insight into the human condition.		
7.	If you tell me a secret you can be sure I won't tell anyone.		
8.	I am the person people seek out to find the latest gossip because people tend to feel comfortable talking to me.		
9.	I see myself as a nurturing person.		
10.	I'm a bit uncomfortable listening to other people's problems.		
11.	I'm a good listener.		
12.	I'd rather give advice than listen to advice.		
13.	I'm comfortable with people who are unlike me.		
14.	I'm uncomfortable with people who are unlike me.		
15.	I can usually tell if something is bothering my friend.		
16.	I get frustrated when people act moody for no apparent reason.		
17.	I'm a very sociable person.		
18.	Having two assignments due on the same day stresses me out.		
19.	I'm not likely to speak to someone unless they speak to me.		
20.	When someone gives me driving instructions I listen for a few seconds then drift off.		
21.	I will not even begin an assignment unless I can be engaged with it for a reasonable amount of time.		
22.	I am always the person people seek out when they need help.		
23.	I get very stressed listening to other people's problems.		

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Grading the quiz:

- Give yourself one point for each true response for the following numbers: 1, 3, 5, 7, 9, 11, 12, 13, 15, 17, 21, 22.
- Give yourself zero points for all other statements.
- If you scored between zero and 6, further research may indicate that a career in psychology may not be the best match for you. Try reading more about careers in the field before declaring this as your major.
- If you scored between 7 and 13 you are an excellent candidate for this major. Take an Introduction to Psychology course to further your knowledge about various areas of study within this major.
- To seek further information on your interest in Psychology, go to www.allpsychologycareers.com



IS THE PSYCHOLOGY MAJOR THE RIGHT FIT FOR ME?

Think about whether you have the following personality traits and abilities that individuals who pursue a career in psychology must possess:

■ **Ability to work with people**

Are you the type of person who is strongly tuned into others – are you keenly aware of the reactions of others and often try to understand why people react the way they do? Do you take the time to pay attention to what others are saying and understand the points that are being made? Do you enjoy learning about diverse ways of seeing/doing things? Do you enjoy helping people?

■ **Ability to pay attention to detail**

Are you the kind of person who considers life from a variety of angles? Do you actively consider “what if” possibilities? Do you double-check your work before turning it in? Are you willing to consider both sides of an argument being making an informed decision? Do you like to solve puzzles and figure things out?

■ **Ability to keep information confidential**

Are you the type of person who can keep a secret? Do you tend to keep gossip to yourself rather than spread untruths about others?

■ **Ability in math/science**

Do you feel fairly confident in using math and/or statistics to better understand or solve a problem? Could you feel confident using the scientific method to investigate or conduct experiments to better understand behavior? Do you enjoy reading about psychological research?

■ **Ability to multi-task**

Do you enjoy the challenge of handling multiple tasks simultaneously? Can you work on and follow through to completion multiple projects despite interruptions?

■ **Interpersonal communication ability**

Are you the type of person that has the ability to communicate, inspire trust and confidence, and motivate others? Are you typically aware of others people’s emotional and social needs? Do you have empathy for the mentally disturbed? Do you have the ability to mediate or resolve conflicts?

CONT. NEXT PAGE



THE CAREER PATH

Students may pursue a wide range of careers in psychology, including human services, clinical/counseling, educational and guidance, and industrial/organizational. As a student interested in the psychology major, you should research the career fields associated with a degree in psychology. Ask your advisor for assistance to get started.

What types of tasks are associated with a career in psychology?

- Listen carefully and attentively
- Communicate effectively
- Concern and sensitivity in dealing with personal issues
- Use understanding of psychological theory to help others
- Organize and maintain client files
- Inspire trust and motivate others
- Administer and interpret psychological tests
- Observe and evaluate behavior
- Work with other professionals in related fields
- Conduct treatment plans and workshops on psychological issues
- Investigate or conduct experiments to better understand behavior

Career Planning Activities:

- ___ Work with career advisor to create resume, cover letter and help improve your interview skills.
- ___ Identify internship and volunteer opportunities in your desired field
- ___ Attend career workshops and job fairs



THE TRANSFER PATH

Most students in the Psychology major will continue their studies toward a bachelor's degree. Students should identify the requirements of their intended transfer institution and schedule a transfer counseling appointment with an advisor in the Academic, Career and Transfer Center to discuss specific program planning. This program qualifies for *MassTransfer* (<https://www.middlesex.mass.edu/transfer/masstransfer>), which guarantees credit transfer to Massachusetts state universities. Academic advisors and transfer counselors work closely with students to plan course selections in accordance with their intended bachelor's degree major and transfer institution.

Schools linked to the Psychology major through *MassTransfer*:

Bridgewater State University	Worcester State University
Fitchburg State University	UMass Amherst
Framingham State University	UMass Boston
Salem State University	UMass Dartmouth
Westfield State University	UMass Lowell

Schools MCC students have transferred into:

Boston University	Curry College
Brandeis University	Northeastern University
Boston College	Tufts University
Clark University	Suffolk University

MCC ADVISING RESOURCES

Career Services:

<https://www.middlesex.mass.edu/careerservices>

Transfer Services:

<https://www.middlesex.mass.edu/transfer>

MassTransfer:

<https://www.middlesex.mass.edu/transfer/masstransfer.aspx>

Financial Aid:

<https://www.middlesex.mass.edu/financialaid>

Foundation Scholarships:

<https://www.middlesex.mass.edu/foundation/scholarships>

College Board Match Maker:

<https://bigfuture.collegeboard.org/college-search>

Transfer Planning Activities:

- ___ Work with advisor to discuss *MassTransfer*, Articulations and transfer agreements
- ___ Visit your selected campuses in person. Every college looks good online or in a glossy photo, but you can get a better feel when you visit.
- ___ Meet with transfer counselor to identify transfer scholarships
- ___ Research admissions requirements and deadlines at 4 year colleges and universities