• Network: Consistently talk with people about your career interests, experiences, and goals. Ask them about their career goals and experiences. Network with professionals in careers of interest to you, academic advisors, career counselors, professors, students, friends and family.

• Connect with IU Career Development Services: The Career Development Center and Arts & Sciences Career Services (same building, drop-in hours, and staff) is the place to start for most psychology majors.

• Co-Curricular Activities: Participate in student groups to develop transferable skills desired in any profession such as communication, problem-solving, teamwork, and developing & achieving goals. Take on leadership roles. Attend club events that are relevant to careers of interest to you.

• Career Development Courses: Psychology majors are required to take PSY P199 - enroll during your sophomore year! You may benefit from courses offered by Arts & Sciences Career Services (ASCS Q275, Q299, or Q377). If you’re working toward a business minor or certificate, consider T-175.

• Self-Assessment: Career research is often limited to information about specific occupations, degrees and licenses. This is important information, but it's not very useful without first researching the most critical part of job satisfaction: yourself. What are your career-related interests, skills, personality, and values?

• Career Exploration: Begin exploring careers using resources recommended by your major department and campus career services - websites, books and more. Attend career development events on campus. Conduct informational interviews & job shadow professionals.

• Internship Experiences: Employers and graduate schools prefer applicants who have career-relevant experience over those who do not. Over 80% of college students will have completed two internship experiences before they graduate. In a good internship experience, you’ll network with professionals, get to observe them in action, and receive instruction and supervision as you perform some of the tasks that are part of that career. Career-relevant experience can be gained as a volunteer, as a student in a service-learning or field experience course, in a part-time job, as research or teaching assistantship, or in a formal internship.

For more information, see "Career Development" at http://www.indiana.edu/~PSYUGRAD