

Thinking Ahead: Your Career in Psychology (or elsewhere)

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Careers Advisor

UL Careers Service

- Please turn off your camera and microphone for the first part of the session
- This session will be recorded
- If you have a question, I'll be happy to answer them at the end



UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH

UL Careers Service: How can we help you?

- Weekly online appointments with a Careers Advisor, on campus and online <https://careersconnect.ul.ie/home.html>
- Or email me at patsy.ryan@ul.ie

Careers advice, appointments and live webinars every week

- Creating and updating your graduate CV and your LinkedIn profile
- Researching Postgraduate options
- Preparing and personal statement for postgraduate study
- The Job Search
- Preparing for interviews
- Psychometric Tests
- Assessment Centres
- Identifying your skills and values and career interests

Today

- Career plans?
- Previous UL psychology graduates– where are they?
- What skills do you have?
- Careers as a professional psychologist
- Working as an Assistant Psychologist
- How LinkedIn can help you
- How to find related jobs
- Graduate programmes for psychology and social science students
- Other graduate programmes and jobs
- Further study



WHAT DO YOU WANT DO WITH YOUR DEGREE/MASTERS?

Plans for next year?

➤ Type your answers into the chat box



UL PSYCHOLOGY GRADUATES (GRADUATE OUTCOMES SURVEY)

Jobs after graduation

- Focus Ireland-graduate programme
- Pricing Analyst, Northern Trust
- Recruitment Co-ordinator, Deloitte
- Rehabilitation Assistant, Simon Community
- Healthcare Assistant, RehabCare
- Speech and Language Therapy Assistant UK
- Teaching in the Middle East with SABIS
- Graduate Management Programme, LIDL
- Travelling: Canada and Australia
- Recruitment consultant
- Immigration Analyst
- HR Administration Officer
- HSE Gradlink Programme
- Research Assistant
- Learning Support Assistant, UK primary school

Postgraduate study

- MSc in Work and Organisational Psychology
- MSc Psychological Science
- MSc Speech and Language Therapy
- MSc Occupational Therapy
- MSc Applied Behaviour Analysis
- PHD Psychology
- PHD Neuroscience
- MSc Health Psychology
- Masters in Forensic Psychology
- MSc Applied Psychology
- MA Community Development
- MSc Neuropsychology
- MA Sociology
- MSc Clinical and Psychosocial Epidemiology

BA Arts (Joint Hons)

Jobs after graduation

- Peter McVerry Trust
- IBEC Global Graduates programme – Tourism Ireland
- Teacher, Middle East (SABIS Schools)(multiple)
- Student Union Representative, UL
- Branch Official, AIB
- Teaching Assistant, France
- Clerical Officer
- Housing First Project Worker, Mid West Simon Community
- Customer Service Advisor, Laya Healthcare
- Brand Ambassador (Irish Whiskey Co- UK and Germany)
- Insurance broker
- Administrator
- Business Development Executive, Essential French Cork
- Community Support Representative, Uber

BA Arts (Joint Hons)

Postgraduate Study

- MA Psychology
- PME Education (Languages)
- PME Maths
- PME Primary teaching
- MSc Economics and Policy Analysis
- Masters Financial Services
- Masters in Project Management
- Graduate Diploma in Journalism
- MA Media Studies
- MA History of the Family
- Master of Arts in English
- Master of Arts in Technical Communication and E-Learning
- Master of Arts in Gender, Culture and Society
- MA English
- MA TESOL
- MA Public Administration
- LLM Criminal Justice

MA Psychology

- Assistant Psychologist –Rehab Group
- Assistant Psychologist – Brothers of Charity
- Research Assistant – Jigsaw
- Assistant Psychologist – Nua Healthcare
- Assistant Psychologist- St Gabriel's
- Caregiver
- Homework Club Assistant

Masters Org Psych/Behav

- HR consultant
- Talent Acquisition
- Executive Administrator
- Recruitment Associate
- People and Organising Consultant
- Employee Experience Analyst-Accenture
- HR Analyst – Northern Trust
- Manager – EY
- Diversity and Equality Manager - HSE

DID YOU KNOW....?

- Only about 20% of psychology students go on to become professional psychologists.....
- (The Psychologist, British Psychological Society)
- Many employers view a degree as a generic qualification that enable students to apply for many graduate level jobs



SKILLS FROM STUDYING PSYCHOLOGY

<https://www.apa.org/ed/precollege/psn/2019/02/skillful-student>

The skilful psychology student: skills you'll need in the 21st Century Workplace

- Communication skills: Academic writing, Written and Verbal (essays, reports, presentations, discussions)
- Numeracy: Data, statistics
- IT skills SPSS, Word, Excel, PowerPoint
- Problem solving skills
- Critical Thinking skills
- Time management skills (meeting deadlines)
- Research and Analysis:
 - Designing and conducting research, including database searching, conducting literature reviews, synthesizing and interpreting vast amounts of information, designing and conducting new research, data analysis, and interpreting and understanding both your own and other's research results
- Interpersonal Awareness
- Cultural Awareness
- Research Ethics

Assess your competencies online

- Competency Test <https://www.123test.com/competency-test/>
Free online competencies assessment



Careers as a Professional Psychologist

[PSI Membership | The Psychological Society of Ireland \(PSI\)](#)

The best way to start your career as a Psychologist is to join as an undergraduate, once you are on a PSI Accredited Undergraduate/Conversion course.

- Annual subscription fee €25.00. (non-refundable)
- Apply online

[PSI Student Affairs Group Student Affairs Group | SIG | PSI \(psychologicalsociety.ie\)](#)

monthly e magazine- Irish Psychologist, Career talks, Workshops, jobs etc.)

- and Facebook page
<https://www.facebook.com/PSISAG>



CLINICAL PSYCHOLOGY

University of Limerick: Doctoral Programme in Clinical Psychology
<https://www.ul.ie/gps/course/clinical-psychology-doctorate-programme>

- Three years full time
- 10- 12 places
- Applicants must, at the time of application, hold a primary degree in psychology or a postgraduate diploma in psychology, recognised by the Psychological Society of Ireland (PSI) as conferring eligibility for graduate membership of the Society
- The degree must be at least at upper second-class honours level. Applicants who have a 2.2 Degree in Psychology and a recognised postgraduate qualification in Psychology at Masters level or higher may be considered for interview
- **Practical and/or research experience relevant to clinical psychology is also required**

CLINICAL PSYCHOLOGY IN THE UK

- Clearing House for postgraduate courses in Clinical Psychology (UK)
- [Welcome to the Clearing House for Postgraduate Courses in Clinical Psychology | Clearing house \(clearing-house.org.uk\)](https://clearing-house.org.uk)
- Info on requirements (academic and relevant experience and where to look for jobs)

- 38 course centres in the UK
- All courses are three years full time except Lancaster University
- 25% of applicants succeeded in gaining a place on NHS clinical psychology training in 2022
- You can apply for up to four NHS course centres
- Most will not consider you if you're still studying an undergraduate degree)
- Trainee Clinical Psychologist - sample generic job description
- [Entry requirements: Overview - Entry requirements | Clearing house \(clearing-house.org.uk\)](https://clearing-house.org.uk)

The Alternative Handbook - a trainees guide to postgraduate clinical psychology courses in the UK

<https://www.bps.org.uk/news/alternative-handbook-2022-launched-help-prospective-clinical-psychology-trainees>

- This survey asked current trainees from across all year groups about what it's like to be a trainee on these courses.
- These range from the application process, through to course study, their placements and the types of support available in terms of personal, professional and academic development. 699 completed the survey; 84% female and 13% male
 - A large number of respondents had applied at least once before, before being accepted
 - Average age of applicants: 25 – 29
 - Additional qualifications: most had masters degrees
 - Relevant work experience prior to training: average was 2 years+
 - All had been employed as Assistant psychologists, Research Assistants or Healthcare Assistants prior to applying
 - Goes into detail on the interview experience, what is covered in each course, the placements etc.
 - **Many courses require access to a car- (full driving licence a basic)**
 - May have to do selection tests prior to interview for some courses

ASSISTANT PSYCHOLOGISTS IN IRELAND

- Research has shown that 71% of entrants to Clinical D. Psych. programmes in Ireland have previously worked as an AP and felt this position helped them develop the required competencies for entry to professional training programmes.
 - (O'Shea & Byrne, 2011)
- Guidelines for the Employment of Assistant Psychologists in Ireland Version 2020
 - The role of an assistant psychologist
 - Paid or voluntary
- [PSI Policy Document - Guidelines for the Employment of Assistant Psychologists.pdf \(psychologicalsociety.ie\)](#)

ASSISTANT PSYCHOLOGIST –Enable Ireland (sample job description)

The Role: The post holder will assist in the provision of psychology services to children accessing Intervention services as appropriate. **Contract Type:** 2 Years Fixed Term Contract – Full Time

Essential Criteria:

1. Applicants must hold a Level 8 honours qualification in Psychology from a recognised validated University.
2. Experience working with children and their families.
3. Experience working as part of a team.
4. Broad knowledge of the Enable Ireland organisation and the job.
5. Good knowledge of the disability sector.
6. Good understanding of the social model of disability.
7. Knowledge of theory and frameworks of Psychology, assessment procedures and intervention methods for children.
8. Understanding of interdisciplinary and trans-disciplinary working.
9. Evidence of commitment to Continuous Professional Development.
10. Information technology skills.

Desirable Criteria:

1. Any relevant post graduate training specific to child disability services.
2. An awareness and understanding of the features of Autism Spectrum Disorder

How LinkedIn can help you



University of Limerick

Sunday Times Irish University of the Year 2019. Best Student Campus 2019 & 2020. #StudyAtUL #PostGradAtUL #ThinkBigAtUL
Higher Education · Limerick, munster · 107,270 followers

Lawrence & 197 other connections work here · 3,512 employees

[Following](#) [Invite](#) [More](#)

- Home
- My Employer
- About
- Posts
- Jobs
- Alumni**
- Events
- Videos

81,789 alumni

Search alumni by title, keyword or company

Start year End year

199 alumni

Keyword search already applied

[Assistant Psychologist](#) [Clear all](#)

Start year End year

[Previous](#) [Next](#)

Where they work [+ Add](#)

51 | Health Service Executive

13 | University of Limerick

4 | Mary Immaculate College, Ireland

Where they live [+ Add](#)

150 | Ireland

39 | Limerick Metropolitan Area

30 | County Dublin, Ireland

199 alumni

Keyword search already applied

[Assistant Psychologist](#) [Clear all](#)

Start year End year

[Previous](#) [Next](#)

What they do

109 | Healthcare Services

27 | Education

20 | Research

16 | Community and Social Services

What they are skilled at [+ Add](#)

122 | Research

101 | Teamwork

95 | Psychology

91 | Microsoft Office

University of Limerick LinkedIn (Alumni Tab)

<https://www.linkedin.com/school/universityoflimerick/mycompany/>

UL alumni working or worked as Assistant Psychologists

UL alumni working as Clinical Psychologists

- HSE (various)
- UL Counselling Service
- St Patrick's Mental Health Services
- Nua Healthcare Services
- Irish Prison Service
- National Learning Network
- Enable Ireland
- Brothers of Charity
- Parents Plus
- St Michael's House
- Dept of Justice and Equality
- Acquired Brain Injury Ireland

Assistant Psychologists

- Most have master's degrees and experience as: health care assistants, rehabilitation assistants, special needs assistants, mental health work, disability support workers, acquired brain injury support workers research assistant, youth mental health, social care etc.

Want to brush up your skills? LinkedIn Learning

- **LinkedIn Learning provides staff and students with a diverse range of courses essential to your professional and personal development.**
- With a library of over 13,000 videos to choose from, you can watch a five minute introduction or complete an entire course when you want, where you want. New courses are added each week making it easy for you to stay up to date with new developments and technology through high quality instructional videos taught by recognised industry experts.
- Project management, career development data analysis, strategic planning, essential excel training - the courses are a great way to enhance your professional development and augment your CV.
- Log in to [UL LinkedIn Learning](#) using your @studentmail.ul.ie email address and start exploring courses that engage and enlighten.
- Video with instructions on how to use LinkedIn Learning
- [LevUL Up Workshop Recording: An Introduction to LinkedIn Learning for Students \(Online\)](#)

This online resource, supported through the HCI-funded UL@Work project is a collaboration between this initiative, Graduation and Professional Studies, Centre for Transformative Learning (CTL) and HR Talent Development.

Where can you get experience ?

www.activelink.ie and indeed.ie

- Graduate **Project Workers**, Peter McVerry Trust
- **Social Care Workers**, Focus Ireland
- Social Care Workers, St Josephs Foundation
- **Education Project Worker**, Galway Traveller Movement
- **Project Workers**, Barnados
- Project Worker, Engage in Education, Limerick
- **Youth Worker**, Community Youth Project, Leitrim
- **Healthcare Assistant**, Daughters of Charity
- Project Worker, Midlands Simon Community
- Project Worker, Tallaght Probation Project
- **Autism Outreach Support Worker**, Rehab Group

Lots of positions to consider, if you need more experience:

- children
- young people
- adults
- residential care
- mental health
- addiction
- homeless support
- family and child support
- adults with intellectual disabilities....

EDUCATIONAL PSYCHOLOGY

Link to recent seminar on Educational Psychology

<https://youtu.be/h9THJpJJ89k>

Courses are currently offered by:

- Queen's University, Belfast (doctorate in Educational. Child & Adolescent Psychology)
- University College Dublin <https://www.ucd.ie/education/study/doctoralprogrammes/>

- Mary I, Limerick Doctorate in Educational and Child Psychology
- 3 yr full time programme (You cannot apply until you have obtained your psychology degree results).
 - A minimum upper second-class honours (2.1) degree in psychology or an equivalent qualification, recognised by the Psychological Society of Ireland or equivalent, as conferring eligibility for Graduate Membership.
 - An equivalent of two year's relevant full-time experience working in the field of education or psychology or both is required.
 - <https://www.mic.ul.ie/faculty-of-education/programme/professional-doctorate-in-educational-and-child-psychology>

Where to get experience

- Train and work as a special needs assistant
- Completion of a postgraduate course in psychology (e.g.. a Masters in Applied Psychology) or education (PME), especially if there is a practical/placement component
- Work with children in schools (e.g.. after school clubs, homework clubs, breakfast clubs)
- Work in a social service or social care setting (family resource centres)
- Work with voluntary organisations for children and young people (e.g.. ISPCC), vulnerable groups (e.g.. Women's Aid), excluded groups (e.g.. Travellers, asylum seekers), refugees, disability groups.
- Research activity especially with children, people with disabilities, in education, or in relevant areas of psychology.

PETER MCVERRY TRUST – Graduate programme (12 month programme)

<https://pmvtrust.ie/about-us/jobs/>

Are you interested in an online session on the graduate programme?

The charity provides low-threshold entry services, primarily to younger people and vulnerable adults with complex needs, and offers pathways out of homelessness based on the principles of the Housing First model

Placements in:

- Homeless services
- Family services
- Addiction and recovery services
- Prevention services
- U18s and Aftercare services
- Regional Services

Qualifications and Experience:

- Degree level qualification in Psychology, Social Care, Social Science, Sociology, Social Policy or other related discipline



FOCUS IRELAND – Graduate Programme and other opportunities

Helps families, young people and children at risk or affected by homelessness

Has various projects all over Ireland

- Drop in and advice centres, services for disadvantaged and marginalised people, homeless families, children.
- Graduate Programme; Project workers, Housing Support team, Limerick; Project workers to work with marginalised and disadvantaged youth; Home Support Service;
- <https://www.focusireland.ie/graduates/>

MSc SPEECH AND LANGUAGE THERAPY (professional qualification)

MSc Speech and Language Therapy, UL <https://www.ul.ie/gps/course/speech-and-language-therapy-professional-qualification-msc>

- Two years full time
- Any degree is accepted; Minimum 2.2 honours;
- You can apply in the final semester of your degree; Closing date 31 March 2023
- Irish Association of Speech and Language Therapists: <http://www.iaslt.ie/>

- For candidates who meet this requirement, the HPAT (Health Professions Admission Test-Ireland) will be used as the sole instrument to select students for this programme. <https://hpat-ireland.acer.org/>
 - HPAT closing date: 20 Jan 2023
 - HPAT Tests will run from 17 Feb to 25 Feb
 - Section 1 – Logical Reasoning and Problem Solving • Section 2 – Interpersonal Understanding • Section 3 – Non-Verbal Reasoning • Section 4 – Written Component (UL applicants only)
 - [Preparation - Health Professions Admission Test - HPAT Ireland \(acer.org\)](https://hpat-ireland.acer.org/)
 - Results: mid to late April

MSc OCCUPATIONAL THERAPY (professional qualification)

- MSc Occupational Therapy, UL <https://www.ul.ie/gps/course/occupational-therapy-professional-qualification-msc>
- Same entry requirements as Speech and Language Therapy (HPAT Assessment)
- Closing date: March 31 2023
- Two years
- Association for Occupational Therapists Ireland <http://www.aoti.ie/>
- <http://www.youtube.com/watch?v=Ud5Fp279g4Y&sns=em>
- British Association of Occupational Therapists – Training in the UK (careers handbook available to download) <http://www.cot.co.uk/become-ot>

Other Options: Want to travel or teach?

- Jameson Graduate Programme (marketing, sales, event management across the globe– Applications closed in Feb 2023 <https://www.jamesongraduateprogramme.com/>)
- SABIS teach in Dubai and Middle East <https://careers.sabis.net/>
- English Language Assistant Scheme <https://www.gov.ie/en/service/a960dd-english-language-assistant-scheme/> (Closing date 09 March)
- Primary Teaching (Mary I) Closing Date 03 April (must take TEG exam prior to applying 06Jan) <https://www.mic.ul.ie/faculty-of-education/programme/professional-master-of-education-primary-teaching>
- Secondary Teaching UL (PME) <https://www.ul.ie/gps/course/professional-masters-education>
- Teaching NUI colleges <https://v2.pac.ie/institute/10>
- Hibernia College (primary and secondary) <https://hiberniacollege.com/courses/>

Postgraduate Study

Ireland

- Postgrad study information <https://gradireland.com/further-study>
- Funding for Postgrad Study in Ireland <https://www.susi.ie/eligibility-criteria/approved-courses/postgraduate-approved-institutions-and-courses/index.html>
- Springboard Courses –free or subsidised courses in areas of skills shortages (management, digital marketing, project management, IT conversion courses, finance) <https://springboardcourses.ie/>
- Prospects UK (Australia, Canada, Germany, France, USA and lots of other country information) <https://www.prospects.ac.uk/postgraduate-study/study-abroad>

POSTGRADUATE “CONVERSION” COURSES

- Taught postgraduate courses that allow graduates to ‘convert’ to a new discipline
- Most subject areas, but high concentration in business, arts, health sciences, and computing e.g.
 - MA Psychology
 - LLB Graduate Entry
 - MA Business Management
 - MSc Occupational Therapy, MSc Speech and Language Therapy, MSc Physiotherapy
 - Graduate Entry Medicine (four years)
 - Professional Diplomas in Accounting
 - HDip Software Development
 - Science and Engineering: usually need a primary degree in a related discipline
- Usually 1-2 years duration, but can be longer

POSTGRAD PROGRAMMES IN UL WHICH MAY BE OF INTEREST

Dept of Psychology

- MA Psychology (Conversion Course)
- MSc Psychological Science
- MSc Global Mobility, Inclusion and Diversity in Society
- Structured Masters by Research , Structured PhD in Psychology Doctorate in Clinical Psychology

Education & Health Sciences

- PMEs, Graduate Entry Medicine, MSc Speech and Language Therapy, MSc Occupational Therapy, MSc Physiotherapy. MSc Sports, Exercise and Performance Psychology
- Irish World Academy MA Music Therapy

Kemmy Business School

- MSc in Work and Organisational Psychology/Behaviour, MSc in Human Resource Management

AHSS

- MA Sociology (Applied Social Research) MA Sociology (Youth, Community and Social Regeneration) Law Masters Programmes, MA TESOL, MA Technical Communication

TRAVEL AND WORK OPPORTUNITIES

Working Abroad- Country specific information (approx 50 countries)
<https://www.prospects.ac.uk/jobs-and-work-experience/working-abroad>

EU Careers

- EURES European job portal [Jobseekers \(europa.eu\)](https://europa.eu)
- EU Traineeships <https://epso.europa.eu/en/job-opportunities/traineeships>
- European Movement Advice for living and working in the EU, including jobs and traineeships <https://www.europeanmovement.ie/programmes/grad-jobs-in-europe/>

STILL NOT SURE ABOUT YOUR CAREER PLANS?

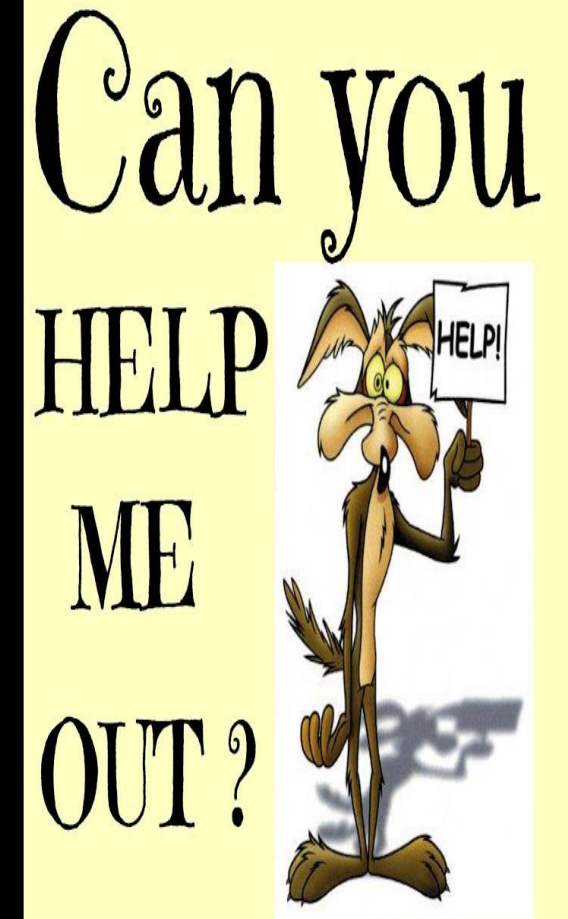
- FIND YOUR HEALTH CAREER- ONLINE ASSESSMENT (NHS WEBSITE, UK)
- <https://www.healthcareers.nhs.uk/findyourcareer>
- Aimed primarily at potential new entrants into the health sector (of any background). It generates career suggestions based on answers to just over 100 questions
- An initial list of suggestions is generated after 50 questions, and users are then invited to register with the Health Careers website (unless they are already registered) in order to answer the second set of questions
- Career suggestions are linked to the role information on the Health Careers website

USEFUL WEBSITES

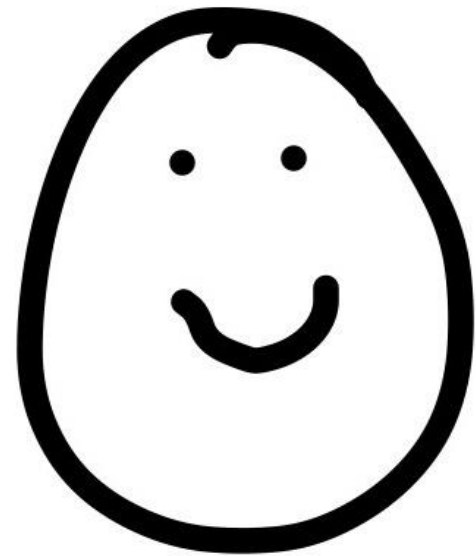
- The Psychological Society of Ireland <https://www.psychologicalsociety.ie/>
- Tips for aspiring clinical psychologists <https://judithjohnsonphd.com/2019/03/15/ten-tips-for-aspiring-clinical-psychologists/>
- British Psychological Society - section on careers and qualification <https://www.bps.org.uk/find-your-career-psychology>
- Irish Association for Counselling and Psychotherapy: <https://iacp.ie/education-overview>
- TeamFocus (University of Limerick) free online career assessments and psychometric tests <https://www.teamfocus.co.uk/establishment/university-of-limerick/>

Summary

- **Ask for help – use your network and use the UL Careers Service**
- Join the PSI as a student member (if you can)
- Know what skills and interests you have
- Research the careers you're interested in
- Familiarise yourself with recruitment and selection processes
- Know how to market your skills to prospective employers and course directors (highlight them in your CV and cover letters/personal statements)
- Be interview ready - able to talk about your skills and how they apply to a particular job/course
- Make sure your CV (and LinkedIn profile) are up to date- get feedback on them
- Contact us through CareersConnect to arrange a chat about making a career plan <https://careersconnect.ul.ie/home.html>



Thankyou



Do you have
any
Questions?

