



December 2004

Career Services...Career Services... Career Services...Career Services... **Futures** Career Services...Career Services... Career Services...Career Services...

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Major of the Month: Psychology

Psychology majors are often asked, "What are you going to do with a psychology degree?"

Psychology is the study of human and animal behavior. It seeks to understand and explain both normal and abnormal behavior, mental ability, perception, development, and differences in individuals.

The psychology major helps a student develop analytical thinking and communication skills which are applicable to a variety of careers. "The skills learned as a psychology major give you great preparation for life, graduate school and many other careers" according to Dr. Susan Ratwik, Chair of the Psychology Department

at Lake Superior State University. Career opportunities for those with a B.S. in Psychology include working in community mental health agencies, education, government agencies or in a business setting. Many of LSSU's psychology students continue on to graduate school.

Lake State's psychology program emphasizes research, experimentation, computer applications and a senior-research sequence. "Our graduates agree that the senior research project is one of the hardest, but one of the most beneficial experiences of their education" states Dr. Ratwik.



Dr. Susan Ratwik, Chair and Professor Ralph Barnes. Dr. Barnes proudly wears his "brain hat" a student made for him to illustrate the different parts of the brain.

A Day in a Psychologist's Life:

Clinical psychologists

- help mentally and emotionally disturbed clients adjust to life
- help medical and surgical patients deal with illnesses or injuries
- help people deal with times of personal crisis, such as divorce or the death of a loved one
- interview patients and give diagnostic tests
- provide individual, family, or group psychotherapy

Counseling psychologists advise people on how to deal with problems of everyday living.

School psychologists work in elementary and secondary schools to resolve students' learning and behavior problems.

Industrial-organizational psychologists apply psychological principles and research methods to the workplace in the interest of improving productivity and the quality of worklife.

Social psychologists examine people's interactions with others and with the social environment.

Experimental or research psychologists study behavior processes using human beings and animals.

CAREER FACTS

EDUCATION

B.S. in Psychology for mental health and voc. rehab offices and psychologist assistant. Master's degree qualifies for school or industrial/organizational psychologist. Doctoral degree is required for independent licensed clinical or counseling psychologist.

PERSONAL CHARACTERISTICS

Intellectual understanding, warm and personable character, tactfulness, proficiency in interpersonal communication, ability to evaluate personal problems and make appropriate decisions.

JOB OUTLOOK

Growth expected to be faster than average through 2012, due to increased demand for services in schools, hospitals, social service agencies, substance abuse treatment clinics, consulting firms and private companies.

SALARY RANGE

Median: \$51,170
 Offices of other health practitioners: \$59,600
 Elementary and secondary schools: \$54,480
 Offices of physicians: \$51,140
 New faculty member: \$43,000
 Outpatient care centers: \$44,010
 Individual and family services: \$37,490

For additional information on the Psychology program contact Dr. Susan Ratwik at 906-635-2109. Career Services will also be happy to discuss psychology or any other major with you. Just stop by our Center in LBR119A.

Where are they now?

Spotlight on Psychology Alumnae



Karen Marrietti, LPC

M.A. in Counseling-
Central Michigan University, 1998
B.S. in Psychology, LSSU, 1992

How did Psychology become your college major? I began my college career here at Lake State in 1987 and graduated in 1992 with my degree in Psychology after changing my major seven times! I decided on Psychology after wonderful experiences working the summers at Upward Bound, which is a youth program that helps students prepare for college. We took the students caving, canoeing, swimming and rock climbing while tutoring them in various classes. Dr. Ratwik and Dr. Saywer were also influential in my decision and were huge role models for me at LSSU.

Sounds like you are an avid outdoors person who also enjoys counseling?

I am a huge promoter of physical activity, especially as a tool in many counseling situations. Working with troubled teens in the wilderness taught me that natural consequences go a long way and listening is the best skill to have when being a counselor.

I made Psychology my career choice because it is a flexible major and allows me to work with people everyday, along



Team member participating in a ropes course during a corporate workshop given by ET&D.

with allowing me to enjoy many sports and the great outdoors.

How have you combined the two interests? After completing my bachelor's degree at LSSU I spent time working with troubled teens in a wilderness therapy program. While working on my Master's degree, I worked at a crisis center and started a summer recreation program for teens.

I now run my own business, Experiential Training and Development, doing experiential counseling with teen and adult groups. I facilitate many activities such as ropes courses, climbing walls, kayaking, backpacking trips and conferences.

Just a few different paths of our Psychology grads...
-Owner of Experiential Training and Development
-Clinical gradate programs
-Pharmacy graduate school
-Substance Abuse Counselor

Any other career or life goals?

I am currently very busy. Besides owning my own business, I work full time in Traverse City as an Adoption Specialist. I have also recently opened a counseling office in town where I specialize in youth counseling.

I have traveled to 48 out of the 50 states working in therapeutic wilderness programs and backpacking for fun. I still need to make it to Hawaii and Rhode Island!

Words of wisdom:

On the syllabus for my senior research project was the phrase "That which does not kill us, makes us stronger." I have fallen back on that saying a lot in my career. My advise is to simply try and do something that puts you out of your comfort zone once a day. No matter how it turns out, you will have learned something about yourself. P.S. Go Lakers!!!



Michelle Owen

M.A. in Community Counseling-
Sienna Heights University, 2004
B.S. in Psychology, LSSU, 2002

Tell us about your current role and responsibilities. I am currently employed at Salvation Army Harbor Light in Monroe, MI as a counselor and I love it. I have been employed here since September after completing my internship at Harbor Light. Currently, I carry a caseload of 40 clients, doing individual and group counseling. We work on issues related to substance abuse; for instance, stress management, social anxiety/phobias, lack of communication, building support systems, personal relationships and financial issues.

What is your career path or your future goals? I have a ten year plan of pursuing a Ph.D. in Clinical Psychology-the same goal that I have been carrying with me since high school.

Any words of wisdom for our current students? You have to have goals in every step of your life. There is always something out there that is of interest, so pursue it! The greatest thing I learned is no matter what, you can never stop learning. Something new happens every day!

COUNSELOR'S CORNER



Good Luck on Final Exams. Wishing you Happy Holidays and a restful break. May you return to LSSU rejuvenated and ready to expand your mind in January!



Career Services

A division of Academic Services
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906-635-2733

www.lssu.edu/counseling

Hours: Monday-Thursday 8am-6pm
Friday 8am-5pm