

Lecture 14: Research Methods & Employability

Now is the time to think ahead

Dr. Gordon Wright

January 31, 2024

Weeks ahead

- This week - Year 1 Lab Invasion on Thursday
- Lab 14 - Analysis Planning and Open Data
- Lab 15 - Data Export, preprocessing & Overview of APA Results section
- Lab 16 - Data Analysis - Three Flavours of ANOVA (+ Assumptions & Post-hoc tests)
- Lab 17 - Results write-up, Table, Figures & style

Careers

Careers in Psych and Alternative Careers

Careers in Psychology & Alternative Career Options: Choosing Your Next Steps

Wednesday 7th February 2024

3pm to 5.30pm

Professor Stuart Hall (PSH) Building, LG02



Hear from professionals from different areas of Psychology as they discuss their career paths, current roles and share knowledge on pursuing a career in Psychology.



Scan Here to Register Your Attendance

Please register

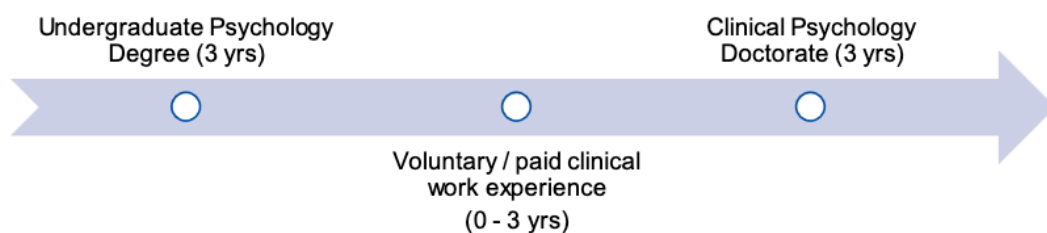


https://goldsmiths.targetconnect.net/unauth?leap=true¤tUserLocale=en_GB

Clinical Pathway - 20,000 Psych Graduates/year

Psychological Professions Workforce Plan for England

Fig. 5 Typical clinical psychology training pathway



Known Challenges

- Limited opportunity to gain 'on the job' experience
- **Highly** competitive and uncertain
- The vast majority of **Psych** careers require an MSc. Like another 3rd year (± 5 modules (inc. RM and a dissertation). Usually 2 days per week FT.

Embracing Innovative Research Methods

- **Explore Qualitative Research:** Engage deeply with qualitative research methods. Develop skills in ethnography, narrative analysis, and discourse analysis to bring fresh perspectives to clinical psychology.
 - **Methodological Innovation:** Foster a creative approach to research methods. Break away from conventional techniques and develop novel research strategies that address complex psychological issues.
 - **Utilize Theoretical Frameworks:** Integrate diverse theoretical perspectives such as feminism, poststructuralism, psychoanalysis, and Marxism into your research. This interdisciplinary approach can enrich your understanding and application of clinical psychology.
-

Developing a Unique Professional Identity

- **Political and Ethical Awareness:** Cultivate an awareness of the moral and political dimensions of psychology. Understand how your work can contribute to societal change and uphold ethical standards in research.
 - **Reflexivity and Critical Thinking:** Practice reflexivity in your work. Be critical of your biases and assumptions, and understand how they influence your research and clinical practice.
 - **Advocacy and Empowerment:** Position yourself as an advocate for marginalized communities. Use your skills to empower individuals and groups, contributing to social justice through clinical psychology.
-

Crafting a Standout Identity and Personal Statement

- **Professional Presence:** Join LinkedIn, attend seminars or conferences, advertise your research skills/interest, join volunteer organisations
 - **Tailored CVs:** Customize your CV for each application. Highlight relevant coursework, projects, and research experiences that align with clinical psychology.
 - **Impactful Personal Statements:** Convey your passion for psychology and your commitment to pursuing a career in clinical psychology. Reflect on experiences that shaped your interest and how they prepare you for this field.
 - **Showcase Skills and Achievements:** Clearly articulate your skills, especially in research methods, critical thinking, and communication. Include any awards, presentations, or publications to demonstrate your competence and dedication.
-

References

- References can be a powerful addition to any application, or a weakness
- References should align with the content of your application
- A referee needs to be able to speak to Academic ability, Professional Skills, Team Work, Extra-Curricular/Voluntary work

You can be working on all of these things NOW!

Summer in Second Year

- GRIP and Departmental Bursaries
- Opportunities to do voluntary work
- Other options

Here's what they don't tell you and maybe you don't want to hear

- The next step on any **Psych** career is a Masters.
- Therefore, getting on the right programme is the key.
- It's about Academic merit and the little extras.
- The best applicants I interview have a 'Research Narrative' (Relevant Y3 Dissertation and Proposed MSc Dissertation).
- And enough 'experience' to illustrate effort and engagement with the field.

Final words on the Psych careers

- Don't think of it as a 'different' domain to where you are now.
- Experience can be in the lab, or on a research project with vague relevance!
- Samaritans, CirclesUK, any of the virtual helplines etc. All very flexible to your time

Alternative Careers (with HR Hiring rounds)

- Put effort into the application process and **prepare** for the interviews carefully.
- Illustrate your skills (with examples) and break down all the things you have learned here.
- Try to get a reference that highlights the same skills you are mentioning.

Marketable Skills of a Psychology Graduate

- **DATA-SKILLS:** Ability to analyze and interpret data, identifying patterns and drawing logical conclusions from **DATA**.
- **Research Skills:** Proficiency in designing, conducting, and analyzing research, including both quantitative and qualitative methods.
- **Communication:** Strong verbal and written skills for effectively conveying complex psychological concepts to diverse audiences.
- **Empathy and Interpersonal Skills:** Exceptional understanding of human behavior and the capacity to empathize with clients from varied needs etc.
- **Problem-Solving Abilities:** Aptitude for identifying problems, generating solutions, and implementing effective strategies in **Project Management**.
- **Ethical and Cultural Awareness:** Deep understanding of ethical considerations in psychology and sensitivity to cultural differences.

Alternative Careers (without HR Hiring rounds)

- If there is a human involved, then your Psych background is valuable. Make it count!
- Network and sell your idea/perspective/skills
- Build a portfolio or a profile
- Knock on doors and try to understand the industry
- Science the sh*t out of it!

Last words

- Don't be in a hurry
- If you are in a hurry, be strategic and devious
- Try to understand yourself (as much as you can)
- Talk to as many people as you can!