

Career Exploration Report

Psychiatry & Astronomy

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ABSTRACT

This report documents the exploration of two careers and four potential internships related to those careers. Extensive research was conducted about the two chosen careers, psychiatry and astronomy. Many government and health research websites were used, such as the Occupational Outlook Handbook and the American Psychiatry Association webpage. All this research resulted in the location of four internships. The preferred internship is the Boonshoft Museum's planetarium due to location and specific skills and responsibilities. Next steps include contacting the companies in charge of the possible internships and setting up timeframes in which to complete the internship.

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CAREER EXPLORATION REPORT

OVERVIEW

The purpose of this document is to report the research process of Angie Bragg during their career exploration in Technical Reading and Writing at the Dayton Regional STEM School during the 2021-22 school year. The following sections document essential questions used to begin the career exploration process, potential career(s) and rationale(s) for choosing those career(s), an overview of the research process used during Angie's career exploration, resources found and used during the process, a resolution, and a reflection of the process as well as a daily logbook of all tasks completed.

The following Driving Question was used to guide this career exploration process: How can I locate a potential internship site, college, potential career by conducting extensive independent research?

ESSENTIAL QUESTIONS

Throughout the career exploration research process, the following questions were asked:

- HOW MANY JOB OPENINGS ARE THERE IN THIS FIELD?
- HOW MUCH EDUCATION DOES THIS FIELD REQUIRE?
- WHAT IS THE AVERAGE SALARY FOR THIS FIELD?
- WHAT PATHWAYS ARE THERE IN THIS FIELD?
- AVERAGE HOURS A WEEK FOR THIS FIELD?

POTENTIAL CAREERS & RATIONALES

This section provides a comprehensive list of potential future careers as well as rationale for choosing those careers.

PSYCHIATRY

According to the American Psychiatry Association, also known as APA, psychiatrists are doctors that focus in mental health. APA states that "Psychiatry is...focused on diagnosis, treatment, and prevention of mental, emotional and behavioral disorders." In addition, they can also help patients suffering from substance abuse; however, they do focus mainly on mental health.

Psychiatrists are often confused for psychologists, but as Mana states, "...the most notable difference between a psychologist and a psychiatrist is that psychologists are not medical doctors." This means that even though they both study mental issues, psychiatrists are medically trained and able to prescribe medicine while psychologists are not. They are also mistaken for therapists; while therapists can be anyone from psychologists, to counselors, they are also unable to prescribe medicine, as they are not medically trained to do so.

According to the Occupational Outlook Handbook, psychiatrists are paid equal or greater than 208k a year, equivalent to around \$100 per hour. They also state that the minimum years of education is nine years, four years of bachelors, four years of a medical degree, and at least 3 years of residency. Some of the higher-

ranking colleges for psychiatry are John Hopkins, California University: San Francisco, and New York City: Grossman, ranked by US News.

In addition, the APA states that the average psychiatrist works 48 hours a week. While 48 hours might seem extreme, it is not overwhelming considering it would only be 9 hours a day, such as 8-5 or another schedule. It could also be less hours over the week and more on weekends or a varied schedule based on flexibility. According to the Occupational Outlook Handbook, there will be 28,400 openings for psychiatrists by 2030, and even though residency would not be completed by 2030, it can be assumed there would be openings when residency would be complete.

Of course, psychiatry is important everywhere, not just in English-speaking countries. An example of that is China. According to the National Center for Biotechnology Information, also known as NCBI, in China, the mental health resources are incredibly limited. Many Chinese people do not seek out mental health due to the stigma around it. According to PsychiatryOnline, 91.8% of those diagnosed with mental health issues never sought help. In addition, 27.6% of those with psychotic disorders also never sought help. Even though according to CareerExplorer, psychiatrists are listed as one of the happiest jobs, 20% of Chinese psychiatrists expressed an intention to quit their jobs (PsychiatryOnline).

Psychiatry is major career of interest due to the ability to help people struggling with mental health issues. The very generous wage is also a major benefit of the job. Being able to see a positive impact on patients is why healthcare as a whole is a field of interest. Seeing how patients are positively impacted by decisions is also a plus, since it would give the opportunity to see the results of those decisions. Doctors in psychiatry are always learning new information and having the chance to constantly learn is something that would be amazing in a career. The ability to constantly discover and learn is a plus in whatever field is eventually chosen. Psychiatry is a very important topic to me specifically because being diagnosed with two depression disorders and two anxiety disorders, and the help gotten from psychiatrists were so impactful, and now a career of interest is psychiatry to gain the ability to have the same impact on others that was received from psychiatrists.

POSSIBLE INTERNSHIPS FOR PSYCHIATRY

The first internship that would be available for psychiatry would be at Dayton Children's. Dayton Children's is a large hospital in the Dayton area that focuses in pediatric care. Dayton Children's would give experience in the medical field and special expertise with children and teens. Dayton Children's is very open so would probably be willing to help with career exploration and internship opportunities. They partner with the Boonshoft School of Medicine at Wright State University so they probably have experience with internships and similar opportunities. This internship could also cover other healthcare pathways if psychiatry isn't a good fit.

I can contact them by phone at (937) 641-3333 or by email at getinvolved@childrensdayton.org.

The second internship that would be a possibility for psychiatry is Premier Health. They have a multitude of locations spread out across the Dayton area so finding a close location wouldn't be difficult. An internship at Premier Health would give me a broader area of experience since they take in patients of all kinds. It would give me the skills to be able to interact and empathize with patients and learn how to communicate with them and learn how to help them the best.

I can contact Carrie Clark, the person responsible for internship opportunities at Premier Health, by phone at (937) 208-3851.

ASTRONOMY

According to the Occupational Outlook Handbook, astronomers are researchers who research celestial bodies. Cosmologists specifically study “the creation, evolution, and possible futures of the universe and it’s galaxies, stars, planets, and solar systems.”

Astronomers are often confused for physicists, but as the Occupational Outlook Handbook states, astronomers study planets, stars, and other celestial bodies. In comparison, “Physicists explore the fundamental properties and laws that govern space, time, energy, and matter.” This means even though they are very similar professions and have very similar duties, the focus of study is completely different. Astronomers are more focused on the item, the celestial body, and physicists are more focused on the laws and rules surrounding the object.

According to the Occupational Outlook Handbook, astronomers are paid around \$119k a year, equivalent to around \$62 per hour. They also state that at the minimum, they need eight years of education: four years for a bachelor’s degree, four to eight years for a doctorate degree. Some of the higher-ranking colleges, for astronomy are California University of Technology—also known as Caltech—Berkeley, and Cambridge, as ranked by US News.

In addition, the Occupational Outlook Handbook states that the average astronomer work forty hours a week, but it isn't uncommon to work over 40 hours a week. Most jobs require full-time, so a 40 or higher work week is very manageable. Most jobs require full-time, so a 40 or higher work week is very manageable. Most jobs require full-time, so a 40 or higher work week is very manageable. In addition, there will be 1,600 openings for astronomers by 2030 (Occupational Outlook Handbook).

Astronomy is a field of interest because the stars and constellations are incredibly interesting and fascinating. Getting a telescope at seven helped fuel the fascination as well. The ability to read as much as possible about all the constellations and how to identify them was mind-blowing to me as a ten-year-old. Family was also a major motivation, as it was a tradition to see any meteorological event, as little as a full or new moon on a birthday or holiday, all the way to total solar eclipses. The constant ability to learn about the world around us and off-planet is so entrancing that it has been there almost forever. An early memory was sitting around a fire with friends, telling them the names of stars in the night sky and how to connect them to form constellations with stories. Having the ability to constantly learn and make discoveries about the world is fascinating, and the ability to help people reach the stars and beyond is something that is currently a dream, but the moon landing was once a dream too. Astronomy has made so many advancements since the moon landing, such as recently gaining the first picture of a black hole.

POSSIBLE INTERNSHIPS FOR ASTRONOMY

The first internship for astronomy is at Glenn Research Center, a research center for NASA. The National Aeronautics and Space Administration (NASA) is very open and clear about their internship opportunities. They offer internships constantly, three out of the four seasons, all different lengths depending on the request. It would help develop skills to research and navigate the cosmos from the earth.

I can contact them by phone at (937) 433-3768 or by email at vanessa.r.webbs@nasa.gov.

Another internship possibility is at the Boonshoft Museum of Discovery's planetarium. They host almost daily shows about the stars, and have a specific line of contact about the astronomy department. This internship would teach about how to explain and teach others about the cosmos and how to properly explain complicated concepts about space to an uninformed or moderately informed audience.

I can contact them by phone at (937) 275-7431 ext. 122, or by email at astronomy@boonshoftmuseum.org.

RESOURCES

This section provides a list of resources found during the career exploration research process (can include resources used to explore your career fields, possible internships, etc.).

- American Psychiatric Association. (2009). *Choosing a career in psychiatry*. American Psychiatry Association. <https://www.psychiatry.org/residents-medical-students/medical-students/choosing-a-career-in-psychiatry>
 - Provides job summary and hours for psychiatry.
- CareerExplorer. (April 2017). *Are psychiatrists happy?* CareerExplorer. <https://www.careerexplorer.com/careers/psychiatrist/satisfaction/>
 - Provides statistics on happiness in careers for psychiatrists.
- Mana Medical Associates. (May 2019). *Therapist vs psychologist vs psychiatrist*. Mana Medical Associates. <https://www.mana.md/psychologist-psychiatrist-or-therapist/>
 - Provides distinction between psychiatry and therapy and psychology.
- National Center for Biotechnology Information. (Oct 2011). *Mental health in China*. National Center for Biotechnology Information. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3188776/>
 - Provides information on Chinese psychiatry.
- Occupational Outlook Handbook. (May 2020). *Physicians and surgeons*. U.S. Bureau of Labor Statistics. <https://www.bls.gov/ooh/healthcare/physicians-and-surgeons.htm>
 - Provides salary and openings for psychiatry.
- Occupational Outlook Handbook. (May 2020). *Physicists and astronomers*. U.S. Bureau of Labor Statistics. <https://www.bls.gov/ooh/life-physical-and-social-science/physicists-and-astronomers.htm>
 - Provides job summary, comparison, salary, education requirement, and hours for psychiatry.
- PsychiatryOnline. (Oct 2018). *Sociodemographic characteristics and job satisfaction of psychiatrist in China*. PsychiatryOnline. <https://ps.psychiatryonline.org/doi/10.1176/appi.ps.201800197>
 - Provides statistics on job satisfaction in China for psychiatry.
- US News. (2021). *John Hopkins University*. US News. <https://www.usnews.com/best-graduate-schools/top-medical-schools/johns-hopkins-university-04043>
 - Provides information on John Hopkins University rankings and statistics.
- US News. (2021) *University of California – San Francisco*. US News. <https://www.usnews.com/best-graduate-schools/top-medical-schools/university-of-california-san-francisco-04012>
 - Provides information on University of California – San Francisco rankings and statistics.
- US News. (2021) *New York University - Grossman*. US News. <https://www.usnews.com/best-graduate-schools/top-medical-schools/new-york-university-04073>
 - Provides information on New York University - Grossman rankings and statistics
- US News. (2021) *California Institute of Technology*. US News. <https://www.usnews.com/education/best-global-universities/california-institute-of-technology-110404>
 - Provides information on Caltech rankings and statistics.
- US News. (2021) *University of California - Berkeley*. US News. <https://www.usnews.com/education/best-global-universities/university-of-california-berkeley-110635>
 - Provides information on University of California - Berkeley rankings and statistics.
- US News. (2021) *University of Cambridge*. US News.

- Provides information on University of Cambridge rankings and statistics.

REFLECTION

This section provides the reflection and resolution to Angie's career exploration.

Out of the two careers I researched in this report, I believe I would be more interested in a career in psychiatry. However, due to current world events, I would feel more comfortable with an internship that would not have direct access to possible exposures. I believe that the most fitting internship for me is at the Boonshoft since I'd be able to teach people about space and educate them on the mysteries of the universe.

Through this report I was able to do more research in my chosen careers than I would have otherwise and been able to find possible internships. I was able to find out about NASA internships, and I was also able to find out more about different career paths.

In conclusion, this report was able to broaden my career outlook and help me learn about what I want in a career.

LOGBOOK

The following logbook was kept during Angie's career exploration process. It details the tasks completed during this process including sources consulted, essential questions asked and answered, as well as any other information collected each day.

Date	Tasks Completed
10/12	Used "SAYS" Bureau of Labor Statistics to find information on Dental Hygienist, and started looking over Bureau of Labor Statistics source on Creative Writing
10/20	Researched and laid out Psychiatry research
10/21	Started and laid out Astronomy research, did not finish Chinese research
10/22	Finished research, drafted the layout
10/24	Finished layout, drafted Chinese research paragraph
10/25	Drafted the first draft of career one
10/26	Received peer feedback on career one
10/27	Revised career one
10/29	First draft of career two
11/1	Received peer feedback on career two
11/2	Revised career two and researched first internship
11/3	Researched internships
11/4	Researched internships
11/8	Drafted internship sections and received peer feedback
11/10	Received teacher feedback on astronomy career section
11/11	Formatted sources to APA format and received teacher feedback on psychiatry section
11/13	Drafted reflection and abstract
11/14	Finalized and overviewed entire document