

# PSYCHOLOGY COUGAR MAP



## BACHELOR OF ARTS OR BACHELOR OF SCIENCE: PSYCHOLOGY MAJOR AND MINOR

The Cougar Map is intended to guide you with suggestions for potential activities and career paths that can help you along your educational journey. Although everyone has different abilities, experiences and obstacles, this Cougar Map can be used with the help of your advisors to prepare for the future you want with a clear vision of your college-to-career pathway.

Please refer to the SXU Academic Catalog and academic planning resources for detailed degree requirements.

	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR
<b>Competence</b> (major/minor, summer suggestions, academic research)	<p>Explore scholarship opportunities.</p> <p>Bring writing assignments to the Learning Center/Writing Studio for help in fine-tuning papers.</p> <p>Don't get discouraged in your first year! For stress relief ideas, visit the Counseling Center.</p>	<p>Meet with faculty to discuss collaborative research opportunities.</p> <p>Consider pursuing a minor.</p> <p>Consider summer courses to catch up or get ahead with your studies.</p>	<p>Visit the library for the appropriate resources in your research.</p> <p>Be mindful of important dates, i.e. semester ends and begins, deadline to withdraw from a course, petition for graduation.</p>	<p>Meet with the Psychology Department faculty to make sure you're on track to graduate.</p> <p>Begin work on your topic for your Senior Seminar independent research project.</p>
<b>Character</b> (Service, global perspective, study abroad, clubs/RSOs, volunteering)	<p>Consider joining a student club, such as the Psychology Club, or intramural sports team.</p> <p>Enroll in Cougars LEAD that supports leadership development and begin working on your leadership certificate.</p>	<p>Visit the Center for International Education and research opportunities to take part in a service trip or study abroad program.</p> <p>Consider your eligibility to join SXU's Psi Chi chapter, an international honors society for psychology majors.</p>	<p>Take on a leadership role within a student club or organization.</p> <p>Consider participating in a spring break service trip.</p> <p>Volunteer at a local hospital, treatment facility, organization, or nonprofit organization.</p>	<p>Complete the Cougars LEAD Leadership Certificate program.</p> <p>Attend Psi Chi and Psychology hosted events.</p> <p>Mentor first- and second-year psychology majors.</p>
<b>Career Success</b> (career or grad school prep, internships, jobs)	<p>Complete your SXU Handshake profile for student employment with the help of Center for Success.</p> <p>Meet with Center for SUCCESS to research occupations of interest related to psychology.</p> <p>Attend SXU's career-related events throughout your time at SXU and network with professionals.</p>	<p>Create a LinkedIn profile and establish meaningful connections within your academic and personal circles.</p> <p>Seek summer internship or employment opportunities, including the Crisis Center for South Suburbia, Youth Outreach Services, Lurie Children's Hospital or Pillars Community Health.</p>	<p>Consider a second internship with employers, such as Metropolitan Family Services, Aunt Martha's Health &amp; Wellness, Illinois Department of Human Services or Little Brothers-Friends of the Elderly.</p> <p>Research graduate schools and prepare for post-graduate academic/professional exam(s), if applicable.</p>	<p>Ensure that your LinkedIn or other professional social media accounts reflect all your recent academic, professional and volunteer experiences.</p> <p>Visit Center for SUCCESS to create a job search plan, sharpen your resume and practice interviewing.</p> <p>Apply to graduate schools.</p>