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| Interdisciplinary Arts & Sciences –Psychology | Bachelor of ArtsUW logo |
|  | 0-45 credits | 45-135 credits | 135+credits | **Career Development Checklist*** Register on Handshake
* Develop Resume
* Build LinkedIn & Handshake profiles
* Network with alumni/ industry professionals
* Research careers and skill requirements for your major
* Participate in an internship/experiential education opportunity
* Practice mock interviews
* Develop list of references and recommenders
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| EDUCATION*What do I want to do?* | * Explore [IAS Psychology](https://www.uwb.edu/ias/undergraduate/majors/psychology) Webpage
* Meet with [professors](https://www.uwb.edu/ias/undergraduate/majors/psychology#faculty)/[Pre-Major Advisors](https://www.uwb.edu/premajor/academic-advising/advisors)
* Consider taking the Career Exploration class [BISSKL 250](https://www.washington.edu/students/crscatb/bisskl.html)
* Explore study abroad and Global Scholars Program opportunities [through](https://www.uwb.edu/connected-learning/global) [Global Initiatives](https://www.uwb.edu/connected-learning/global)
* Explore the [NextGen Civic Leader Corps](https://depts.washington.edu/uwbur/listing/nextgen-civic-leader-corps/)
 | * Explore the [Office of Connected Learning](https://www.uwb.edu/connected-learning)  to find research opportunities – earn credit through BIS 398, BIS 498, or BIS 492.
* Explore [graduate school options](https://guides.lib.uw.edu/friendly.php?s=bothell/gradschool), including program and admission requirements
* Participate in [Community-Engaged Learning and Research (CELR)](https://www.uwb.edu/connected-learning/celr) coursework
* Participate in a [study abroad program](https://www.uwb.edu/connected-learning/global/abroad)
* Explore [minors](https://www.washington.edu/uaa/advising/degree-overview/minors/)
 | * Apply to graduate school (if applicable), [make an appointment with Career Services](https://www.uwb.edu/career-services/appointments) to help you with the process
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| HANDS ON LEARNING*What can I do to achieve my goals?* | * Use the [UW Bothell’s LinkedIn Alumni page](https://www.linkedin.com/school/university-of-washington-bothell/people/), [WOIS.org, What Can I Do With This Major, and Firsthand](https://www.uwb.edu/career-services/resources/majors-and-careers) to research careers and skill requirements
* Participate in [campus activities](https://www.uwb.edu/sea/events) to build community and network with others
* [Join a club or student government](https://www.uwb.edu/sea/getinvolved)  to build skills in leadership, communication, and working with diverse populations
* Find [volunteer opportunities](https://www.seattle.gov/get-involved) with your community or local non-profit
 | * Join the [UWB IAS LinkedIn Group](https://www.linkedin.com/groups/4749478/) to connect with IAS alumni working across diverse roles and sectors
* [Network](https://www.uwb.edu/career-services/resources/networking) with faculty, advisors, peers, & alumni in your major/career focus
* Attend [career fairs/networking events](https://www.uwb.edu/career-services/events)
* Subscribe to IAS [Instagram](https://www.instagram.com/uwb_ias/)
 | * Practice your [elevator speech](https://www.uwb.edu/career-services/resources/networking/elevator-speeches-pitches) and network with faculty, peers and alumni for post-graduation planning
* Join the [UW Alumni Association and Husky Landing](https://www.uwb.edu/alumni) to find mentorship & networking opportunities
* Utilize [LinkedIn Learning](https://careers.uw.edu/linkedin-learning/) to develop and enhance skills
 | **Employment Opportunities:**  Human Services, Research, Education, Human Resources**Related Careers**: Counseling, Psychotherapy, Social Research, Teaching, Employment and Recruitment, Case Management**Licensing/certification:** License in Clinical Work, Licensed Psychologist, SHRM Certification**Post-Baccalaureate Degree Paths:** Master’s in Social Work, Master’s in School Counseling, PhD in Psychology **Companies who have hired on Handshake:** AmeriCorps, Pacific Behavioral Healthcare PC, Seattle Public Schools, Neighborhood House, Community Psychiatric Clinic**Professional Associations:** American Accounting for Marriage and Family Therapy, Society of Counseling Psychology, Society for Human Resource Management |
| CAREER PREPARATION*How can I help myself get a job?* | * Make your [first appointment with Career Services](https://www.uwb.edu/career-services/appointments) to develop your resume and LinkedIn profile
* Register for [Handshake](https://uw.joinhandshake.com/login) (UW’s free job and internship board) and complete your profile
* Conduct [informational interviews](https://www.uwb.edu/career-services/resources/networking/career-conversations) with alumni and other industry professionals for career advice, job research, and mentorship opportunities
 | * Intern with an employer/career of interest – and earn credit via [BIS 495](https://www.uwb.edu/ias/undergraduate/hands-on-learning/credit-based-learning) (Ex(s): Community Organizing, Employment Professional, Student & Community Development)
* Job shadow to clarify career interests
* Update [resume](https://www.uwb.edu/career-services/resources/resumes) with relevant academic coursework/project
* Update [LinkedIn/e-portfolio](https://www.uwb.edu/career-services/resources/networking/social-network-etiquette) and [Handshake](https://uw.joinhandshake.com/login) profile with projects and accomplishments which highlight your skills
* Apply to [Student Employment](https://www.uwb.edu/hr/student/huskyhires) opportunities to gain experience and leadership
 | * Visit [Career Services](https://www.uwb.edu/career-services/) to refine your resume/LinkedIn profile, job search strategies, and interview skills
* Develop a list of [academic references and recommenders](https://www.uwb.edu/career-services/resources/recommendation)
* Begin applying for jobs
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Additional Resources:

* For international students with questions about OPT/CPT, please see [International Student Services](https://www.uwb.edu/international-student-services).
* Feeling overwhelmed? Make an appointment with [Career Services](https://www.uwb.edu/career-services) for career-related support or with the [Counseling Center](https://www.uwb.edu/student-affairs/counseling) for mental health support.