University of Delaware

Psychological and Brain Sciences Career Panel Notes

April 12, 2016

Jen Laird- Jlaird@udel.edu

(Career counselor)

Background-

* Received her Master’s Degree in college counseling
* Completed a Grad Assistanceship in career services at UDEL and she stayed in the university since then
* In the past she was a MBA career counselor at Drexel University
* She is taking NCE, National Counseling Exam, to open a private practice for counseling regarding women’s issues.

Pro’s of being a career counselor-

* She likes the scheduling that university provides:
	+ Not so busy summers
	+ Time to study for NCE
	+ Career counseling is very flexible, and very research oriented
* On a day-to-day basis she-
	+ Meets with up to 12 students a day
	+ Attends department meetings/conferences

Dr. Agnes Ly- aly@psych.udel.edu

(Director of Advising)

Background-

* Wanted to be a clinical psychologist, realized it was a very emotional job
* As an undergrad she worked with children with developmental disabilities delivering one-on-one behavioral therapy to autism patients
* After 2 years working in this lab she changed her focus to family intervention studies to find a way to help these kids indirectly, this is what she did her PhD in.
* During PhD she realized she liked teaching aspect more than research and looked forward to the idea of training scientists of the future.

Dr. Iryna Babik-

ibabik@udel.edu

Post-doctoral student in Pediatric Mobility Lab and Design Studio

Background-

* Originally from Ukraine, and obtained her bachelor degree in psychology
* Moved to the USA because in Ukraine the need for practicing psychologists ( i.e. school psychologists) was very high but research in psychology was very behind.
* She realized she didn’t like the clinical aspect of psych as much as the enjoyed the more theoretical part of it.
* Came to the USA and did her PhD in developmental psychology, tracking development of typically developing children over time.
* Applications for graduate school were rough as an international student. She applied to 18 schools, (10 to 15 are usually recommended). When applying to graduate schools is is important to look at requirements for each school and apply to some that are higher than your qualifications and some that you are over qualified for. Program ranking is also important as well as the professor. She suggested to e-mail the professor to see if they have an opening. Chose based on that.
* Took 4-5 years to get her PhD
* As a researcher she can also teach at a university. In her opinion, it is easier to find a teaching position than research because publications are a big weight for researchers.
* Currently a post doc at UD studying atypical motor development. Because she wants to help kids with different disabilities.
* Post docs popular in psychology

**Student’s Questions:**

* Does a PsyD give the flexibility to be a counselor?
	+ For teaching a PhD is better
	+ PsyDs are slowly growing more and more popular and more widely accepted.
	+ A PhD is a lot more research oriented, and a PsyD is a doctoral degree more about practice.
	+ Master’s degrees can get you to the same goal if practice id what you are looking into.
* What kind of job would pay for a Master’s degree?
	+ Dr. Ly had a student who loved business and geared her research project towards applying psychology to business. Upon graduation she got a job at PEW and they offered to pay her remaining schooling.
	+ Federal jobs sometimes offer to pay for schooling if it applies to your specific job
	+ MBAs are less sparingly paid for by companies.
* How can you tell if you don’t like clinical psychology?
	+ If you do not wnt to be in school for a 4-6 years after graduate school
	+ Volunteer in places where you are able to do or shadow a person whose job you’d like to do.
		- Mid-Atlantic behavioral health has internship for clinical psychology, for more info contact career services
	+ Very emotional job

Genetic Counseling Information

The career counselor who was going to speak in the panel could not make it due to a last-minute scheduling conflict. She did send resources for students to use about genetic counseling, they are below.

This link is to the National Society of Genetic Counselor's web page, thats where to find the most reliable information about the field, career paths, programs and their ratings, and the application process: [http://nsgc.org/p/cm/ld/fid=44](http://nsgc.org/p/cm/ld/fid%3D44%22%20%5Ct%20%22_blank)

NSGC also has a great resource: "find a genetic counselor near you" so students can contact counselors near UD, or more importantly near their home to do some shadowing over breaks: [http://nsgc.org/p/cm/ld/fid=164](http://nsgc.org/p/cm/ld/fid%3D164%22%20%5Ct%20%22_blank)

As for local programs:

CHOP has tons (like TONS) of genetic counselors, all specalizing in a specific condition- they do reserach and clinical counseling for that condition usually.

[http://www.chop.edu/centers-programs/division-human-genetics/about](http://www.chop.edu/centers-programs/division-human-genetics/about%22%20%5Ct%20%22_blank)

Christiana has a great prenatal testing center, Delaware Center for Maternal Fetal Medicine: [https://www.dcmfm.com/index](https://www.dcmfm.com/index%22%20%5Ct%20%22_blank) Stephanie Corsetti is the contact person to set up shadowing

Helen F Graham Cancer Center: [http://www.christianacare.org/geneticcounseling](http://www.christianacare.org/geneticcounseling%22%20%5Ct%20%22_blank)

This only includes pediatrics, prenatal, and cancer because those are the three "classical" genetic counseling fields to enter, and are the three fields required for clinical experience in the curricula of graduate schools.