**University of Delaware**

**Psychological and Brain Sciences Career Panel Notes**

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**Panelists**

*Brittany Osborne: (bosborne@udel.edu)*

    -3rd year PhD student behavioral neuroscience student

    -Neural circuit development and immune responses

*Andrea Steckline: (asteckline@cades.org)*

    -Director for Adult Day Program (https://cades.org/)

*Meryl Gardner: (garderm@udel.edu)*

    -Consumer psychology

    -How do people make decisions of what types of foods to eat

*Donald Sharples (donald.sharples@jefferson.edu)*

    -Admissions office at Thomas Jefferson

*Javonne Rich: (jsrich@udel.edu)*

    -Social worker → child abuse and neglect

    -Grad student at DelState

*Tiffany Doherty: (tdoherty@psych.udel.edu)*

    -4th year graduate student

    -How stress affects the developing brain

*Garret Sacco: (gsacco@psych.udel.edu)*

    -5th year graduate student

    -Clinical psychology

*Justin David:*

    -Biotech industry

    -Completed a postdoc at the NIH

*Fabi Blake: (fabi@udel.edu)*

    -1st year grad student in clinical psychology

*Kyle Emich:*

    -Management department

-Applying psychology to organization

*Lisa Jaremka: (ljaremka@psych.udel.edu)*

    -Professor of social psychology

    -Linking social stress to health outcomes

**What year should you start looking at grad school?**

-Usually looking during the sophomore year of college

-Get involved in a research lab early on

-Start narrowing down your interests and then begin to build a relationship with faculty members/students in the areas that you are looking towards

-Use a timeline that is appropriate to you (**don’t make a quick decision make the right one**)

-Grad schools want to see that you have the ability to function in a lab and do work on your own

-Things may be different than what you thought, so get involved with a variety of things

**What kind of degrees do people have that may work for the NIH?**

-There are research technicians who usually only have Masters degrees

-There are post-bacc students who only have a BS and are using the NIH as a stepping stone to eventually go to medical school or graduate school

-Most people that are working there have PhDs

-You can go pretty far with just a Master’s degree, but you may reach a “ceiling” that you can only surpass if you have a PhD

**Tips for grad school?**

-Take a step back and think about what type/quality of life that you want

-Don’t just try to achieve a predetermined career path but look for a career that will make you happy

-Think about if you want a family or if you want to spend your entire 20s in school

**Gap year?**

-The sooner you can get into your career the better

-If you believe that there is something rewarding that you can get out of a gap year that may help your original path then go for it

-Don’t count on it completely that you will want to go back after taking a gap year, you may want to stay in the job force

-Use the gap year as a way to build up your resume

*-Figuring out what you don’t want to do is just as valuable as figuring out what you do want to do*

**What other fields can you go into that don’t require going to grad school?**

-Can become a lab technician/research assistant/lab manager

-Pharmaceutical/Medical companies have research positions that do not always require a Master's or PhD

**How did you go about applying/finding jobs?**

-Network!!!!!!

-Start building relationships early on

-Get to know your professors

-Use the career service center for help and go to job fairs

-Make a LinkedIn profile and add people that you meet/know

-Get as much experience while you are an undergrad as you can

**What is life like as a grad student?**

-Graduate school is very different than undergrad → you are expected to be very independent as a grad student, a lot more is expected of you

-Don’t go to grad school just because it is something to do

-Make sure that you are going to grad school for the right reasons

-Have a passion for the field that you are going into

-Don’t put yourself in a position where you are going to be miserable

-Going into a Master’s program may be more close to the experience that you had in undergrad

**Medical Family therapy track at Jefferson?**

-Students are trained to provide support and guidance for families when a member of the family is going through a medically related situation

-Holistic approach to therapy

-2 year Master’s program

**What are other areas that you can go into after you have a PhD?**

-A very small minority of PhDs actually go into academia

-Look for grad programs that will help and encourage you to go into industry and not academia if becoming a professor is not something that you want to do

-Companies such as Facebook, Google, Twitter, and Apple are hiring individuals with PhDs in psych/neuro in order to apply their skills to various projects

**What do PI’s expect out of their grad students?**

-Publish!!!!

-Student should also find a PI that can be an advisor as well as a mentor

**Can you get a job that is psychology related without having a psychology degree?**

-Experiences are often times more important than the actual degree that you have

-Once you interview for a job, your degree and resume do not really matter