

# Viking Quest: Psychology Assignments

---

March 2015

Week: 23<sup>rd</sup> -27<sup>th</sup>

- *Read Chapter 21-1 and 21-2*
- *Create an outline/Cornell/or other form of note taking guide for the section.*
- *Complete pgs. 601 # 1&2, Pg. 608 # 1-5, Pg. 609 # 1-3, Pg. 616 # 1-5*
- *Complete Study Guide Handouts*

# Study Guide 21-1

## Careers in Psychology

For use with textbook pages 603–608

### Key Term

**crisis intervention program** short-term psychological first aid that helps individuals and families deal with emergencies or highly stressful situations (page 604)

### Drawing From Experience

Do you wonder what kind of job would make you happy? Do the many choices sometimes overwhelm you? Do you think a job in some area of psychology might interest you?

The last section described some of the contributions that psychology has made to our lives. It also discussed the challenges ahead for the field. In this section, you will learn about several career opportunities in the field of psychology.

### Organizing Your Thoughts

Use the diagram below to help you take notes as you read the summaries that follow. Think about the different jobs in psychology available to you. Also think about the school degrees needed for each one.

#### Careers in Psychology

High School	→	1. _____	2. _____
Associate Degree	→	3. _____	
Bachelor's Degree	→	4. _____	
Master's Degree	→	5. _____	
Doctorate Degree	→	6. _____	7. _____

### Read to Learn

#### Introduction (page 603)

You have many career options from which to choose. The field of psychology applies to many jobs, as you will learn in this section.

8. If you could work in the field of psychology, what kinds of things would you like to do?

---

---

---

---

---

### **Careers in Psychology (page 603)**

Employers want to hire people who offer special skills. Some jobs are open to high school graduates. But higher education opens more options. A Ph.D. in psychology would make you a specialist in an area. A bachelor's degree in psychology would give you choices among a variety of employers. This degree is also a good starting point for graduate work in sociology, social work, law, medicine, and education. Human behavior plays a role in all of these areas.

Psychology is both a science and a profession. As a science, psychologists study how people perceive, think, feel, and act. Professional psychologists use psychological principles to predict how people will act. They help people change their behavior. They also help businesses and communities change. Some jobs available in the field of psychology are described below.

Large hospitals and other agencies employ crisis hotline advisers. High school graduates and even high school seniors can hold this position. After completing a training program, these advisers work in **crisis intervention programs**. These programs offer short-term psychological first aid. They help mostly with two kinds of problems. One kind involves sudden crisis situations that are possibly life-threatening. These situations can come from a personal or family crisis, such as an argument or unexpected death of a loved one. The other kind of problem is a crisis that comes out of long-term stress over family or job problems. Hotline advisers have a list of mental health professionals and treatment programs in the area. They must calm the caller and identify the problem. Then they provide information about the right agency to contact for long-term care.

People who like psychology probably have an interest in behavior. This interest, with just a high school diploma, can help you become a successful salesperson. Good salespeople need to understand what motivates people. You must have good language skills. Also, you must be able to ask customers good questions to find out their needs. Then, you can identify the products that best meet their needs.

A mental health assistant is a new career field. It requires at least an associate degree. You can get this degree by completing a two-year course. The course prepares you for working in nursing homes, community mental health centers, centers for the mentally retarded, and special-education centers in public schools. Mental health assistants help with admission interviews. With supervision, they may give various psychological tests.

A personnel director in a business requires a bachelor's degree in psychology. It also requires courses in interviewing, testing, statistics, and law. A minor in management helps. This is not an entry-level job. Personnel directors make decisions about hiring and firing. They also develop worker training programs.

To be a school psychologist, you need a master's degree. An undergraduate major in psychology is helpful. You must also pass a test to be licensed in your state. School psychologists work with children who have problems in school. They give reading, aptitude, interest, and intelligence tests. They must also be able to understand the meaning of test scores.

Clinical psychologists must have a Ph.D. (a Doctor of Philosophy) or a Psy.D. (a Doctor of Psychology). In a Psy.D. program, students gain skills in psychotherapy. They learn testing, interviewing, and therapy work. Clinical psychologists are often self-employed. So, they also need skill in running a small business. They must develop working relationships with other mental health professionals in the area as well as with hospitals and care facilities. These contacts refer clients to them. Clinical psychologists spend most of their time doing individual and group therapy with their clients. It is not a 9-to-5 job. They must offer times when clients are free to visit. Clinical psychologists can also find employment in mental hospitals, Veterans Administration hospitals, and community mental health centers.

To be a consulting psychologist with a management consulting firm, you must have a Ph.D. In an industrial/organizational psychology program, you would learn management practices, testing, and strategies for working with people. Consultants must offer skills that companies do not normally have among their employees. Consultants work with companies for a short time, advising top management. For example, they might help a company design a control panel that takes human performance limits into account.

New areas of psychology often form to meet new challenges. Health psychology is a new area that focuses on the role of psychological processes in a person's health. Health psychologists might research obesity and try to find good treatments. They might also deal with how stress relates to illness.

**9.** Which job described above most appeals to you? Why?

---

---

---

---

---

---

---

---

**Study Guide 21-2**



## Psychology's Contributions

*For use with textbook pages 610–616*

### Key Terms

**ACT** a standardized test that consists of four assessment tests that measure academic development (page 611)

**SAT** a standardized test that is an admission requirement at some colleges; the test measures verbal and mathematical reasoning abilities (page 611)

**forensic psychology** deals with diagnosis, evaluation, treatment, and testimony regarding the law and criminal behavior (page 615)

**industrial/organizational psychology** deals with the psychology of the workplace (page 615)

**sports psychology** studies athletics and athletic performance (page 615)

**visualization** mentally rehearsing the steps involved in a successful performance or process (page 615)

**gerontology** the study of aging (page 615)

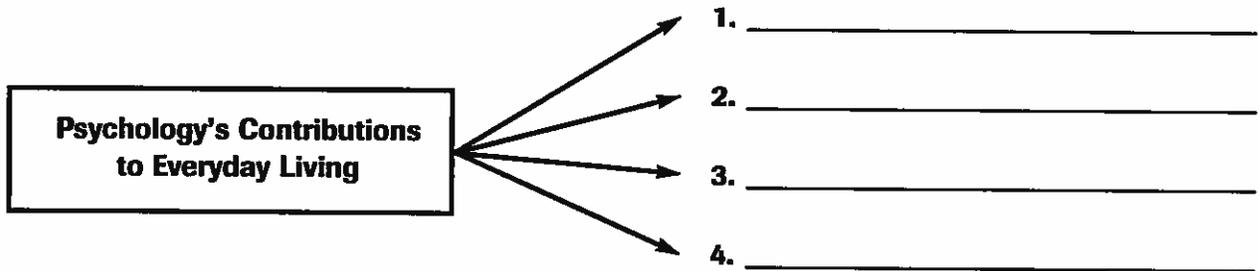
### Drawing From Experience

In what ways do you think psychologists have touched your life? Did you watch “Sesame Street” as a child? Did you know that this show was designed around principles discovered by psychologists?

In this section, you will learn what different types of psychologists do. You will also learn about the challenges facing the field of psychology today.

### Organizing Your Thoughts

Use the diagram below to help you take notes as you read the summaries that follow. Think about the many contributions that psychology has made to everyday living.



### Read to Learn

#### Introduction (page 610)

Many people do not know what psychologists do for a living. But psychology has made many contributions to life.

5. Name one thing that psychologists do that you did not know before you took this course.
- 

### **Psychology's Role in Mental Health (page 610)**

One of psychology's greatest contributions is the development of forms of professional help. One form is psychotherapy. French doctor Philippe Pinel was a founder of psychiatry. In the 1790s, he unchained patients in mental wards. Pinel argued against the belief at that time that the mentally ill were possessed by demons. It took over 50 years for the U.S. to make the same progress. In the 1840s, teacher Dorothea Dix pushed for reform. Her efforts led to more reasonable treatment of the mentally ill. Former mental patient Clifford Beers was the guiding force behind the modern mental health movement. In the early 1900s, he published a book about his own illness and recovery called *A Mind That Found Itself*. In 1908, Beers started the Connecticut Society for Mental Hygiene to improve care for mental problems. It also provided information on mental illness to the public.

6. Why might giving information on mental illness to the public help improve care of the mentally ill?
- 

### **Psychology's Role in Testing (page 611)**

Psychologists created IQ (intelligence) tests that children take in elementary school. They also developed skills tests that colleges use for accepting students.

7. Why do you think the SAT stresses thinking skills more than recall of facts?
- 

### **Psychology's Role in Everyday Living (page 612)**

In many families today, both parents work. Day care for children is a major concern. Psychologists have studied the effects of day care on children. They found that day care is not a bad experience. It helps develop children's social skills.

In another study, Harry Harlow found that physical contact strengthens the bond between children and the people who care for them. It does not matter whether mothers breast-feed or bottle-feed their babies. Holding them is the important thing.

Psychologists have also helped design learning tools. For example, the PBS series "Sesame Street" was designed around the principles of learning. Studies show that this program educates young children in skills they will need in school.

Computer software uses some of B.F. Skinner's ideas on learning. Feedback, knowledge of results, and reinforcement are part of computer games

as well as educational software. The work of many psychologists has also led to a clearer understanding about the challenges of aging.

8. Think about a video game you play. What kinds of “feedback” tell you that you did the right or wrong thing?
- 

### **Psychology Today (page 612)**

Psychology can be grouped into two fields: experimental and applied. Experimental psychologists use scientific methods to study psychological processes and look for long-range answers. Applied psychologists put knowledge of psychology to work solving human problems.

The American Psychological Association (APA) is the world’s largest scientific and professional organization for psychologists. Recently, the American Psychological Society (APS) was formed for educators and science-oriented psychologists. Many colleges have chapters of Psi Chi, an honor society for psychology students.

According to an APA survey, 43 percent of psychology students get master’s degrees in counseling. Thirty-two percent major in clinical psychology. Fifteen percent major in school psychology. The remaining students get degrees in a research field. U.S. statistics place psychology among the fastest-growing fields in the twenty-first century. Also, the number of women in the field has increased rapidly. Ethnic minorities are still a minority in the field, but their numbers are increasing.

**Forensic psychology** is a type of applied psychology. It involves psychology and the law. Some of these psychologists study criminal behavior. Others study the effects on children who appear in court, counsel victims, and study jury selection. Forensic psychologists often have law as well as psychology degrees.

**Industrial/organizational psychology** deals with work and the workplace. Some psychologists in this field help businesses operate efficiently and provide a good work environment. Others work on union relations, harassment, job satisfaction, and worker motivation.

**Sports psychology** applies psychology to sports activities. Some sports psychologists help athletes improve performance through **visualization**. This is mentally reviewing steps in successfully performing the skill. Others study the benefits of sports participation and ethics in sports.

Challenges in psychology today include social change, psychology and minorities, and violence. Also, the aging of the population opens new challenges in **gerontology**, the study of aging. Today, the top killers of children are accidents, violence, and drugs. These are psychological, not physical, problems. They need to be solved by changing attitudes and behavior.

9. Are psychotherapists experimental or applied psychologists? Why?
-