

LAUREN'S CAREER PATH

How to become a counselling
psychologist

MY CAREER GOALS

I want to become a counselling psychologist by 2027-2032.

To get there, I will need to:

- Graduate high school by June of 2020.
- This career is important to me because I'll be able to help others benefit themselves. It will feel very rewarding and humbling to know that I have made someone feel better.
- Enter college in the fall, obtain a Bachelor of Arts degree. This takes about 2 to 4 years. I would like to go to Douglas College in order to do this. I will apply at other local colleges in case I am rejected.
- Enter graduate school, obtain a doctorate degree. This takes about 5 to 8 years of schooling AFTER obtaining a bachelor of arts. I would like to attend Queens University to do this. I plan to apply at 1-5 different schools in case I am rejected.
- In the late future, I hope to practice as a counselling psychologist in a school, or a private practice. I do not want to set up my own practice.

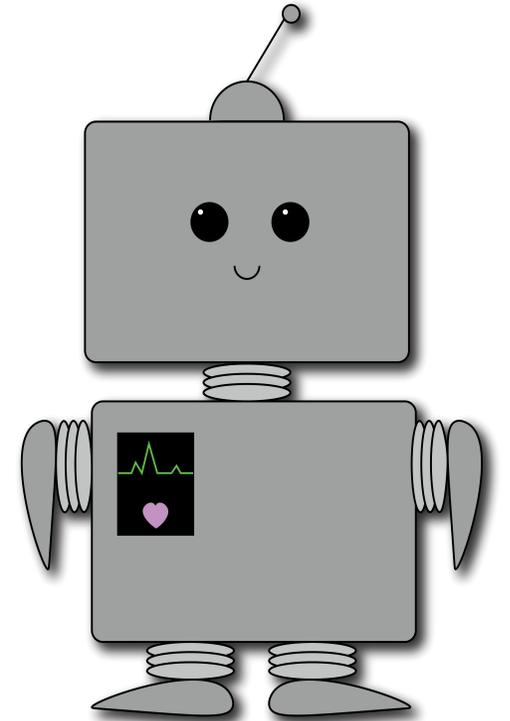
ABOUT MY FUTURE CAREER

- Counselling Psychologists work in hospitals (psychiatric intensive care, rehabilitation), health centres, Improving Access to Psychological Therapy Services, Community Mental Health Teams and Child and Adolescent Mental Health Services.
- The salary range in British Columbia for this job is \$26,772 - \$126,724
- A Counselling Psychologists hours are typical business hours: 9 AM to 5 PM, with a 40 or more hour workweek. The extra hours could come into play if one worked in places such as hospitals or intensive care units, as you would be expected to be readily available if something went wrong.

MY JOB HAS A 0.5% CHANCE OF BECOMING AUTOMATED

Why I think my job won't be automated:

- Talking to humans requires cleverness, negotiation, and most importantly— empathy. In the robotics and engineering fields right now, it is nearly impossible for a machine to mimic such qualities.
- It would take a ton of research, money, time, and effort spent in order to produce a *single* robot that could substitute for a counselling psychologist.



MY COMPATIBILITY

I am 87% compatible with this job.

The skills this job requires are:

Analytical skills. Counselling psychologists must be able to examine the information they collect and draw logical conclusions from them.

Communication skills. Counselling psychologists must have strong communication skills because they spend much of their time listening to and speaking with patients.

Observational skills. Counselling psychologists study attitude and behaviour. They must be able to watch people and understand the possible meanings of people's facial expressions, body positions, actions, and interactions.

Patience. Counselling psychologists must be able to demonstrate patience, because research or treatment of patients may take a long time. They must also be patient when dealing with people who have mental or behavioural disorders.

People skills. Counselling psychologists study people and help people. They must be able to work well with clients, patients, and other medical professionals.

Problem-solving skills. Counselling psychologists need problem-solving skills to find treatments or solutions for mental and behavioural problems.

Trustworthiness. Counselling psychologists must keep patients' problems in confidence, and patients must be able to trust psychologists' expertise in treating sensitive problems.

COUNSELLING PSYCHOLOGY WOULD BE GREAT FOR ME BECAUSE...

I already have these skills for this career:

- I believe that I am empathetic when listening to others. It is a skill that I have been cultivating throughout my life.
- I think that I am a good listener when others are telling me their problems. I don't have difficulty remaining patient or sitting still for long periods of time. On an average day, it takes a lot in order for me to get mad.



I AM NOT QUITE READY FOR THIS CAREER, BUT I WILL GET THERE!

These are skills for the job I still need to learn:

- People skills
- communication (verbal)
- Patience

This is how I will get those necessary skills:

- Try my best to talk to people more often.
- Actively attempt to speak with others frequently.
- understand that someone might be dealing with big feelings, or that they might not understand what is going on.

THIS IS WHAT APPEALS TO ME WITH THIS CAREER...

- Helping others = emotional satisfaction
 - Helping other people feel better with themselves is something that brings me happiness and warmth. It helps me better understand how people work and function in different ways.
- Figure out how to help people help themselves. To accompany someone on such a journey of self discovery is a privilege that shouldn't be taken lightly.
- How mental health can effect your physical health, and vice versa.
- The science behind certain mental illnesses (read: brains.)

THESE ARE SOME THINGS I FIND LESS APPEALING ABOUT THIS CAREER...

- length of schooling required
- possibility of rejection: from post-secondary institutions, places to work, educational programs
- Money required in order to become qualified
- Additional stress that could come if I don't handle it properly.

POTENTIAL OBSTACLES TO GETTING THIS CAREER

The possible obstacles:

- Money and money management
- stress
- rejection from programs and schools

How I plan to overcome them:

- Save a small portion of my paycheck, Apply for bursaries and scholarships, take out student loans
- Actively practice self care and self love. My health and well being comes before anything else.
- Apply to many different programs and schools. If I am rejected, it doesn't mean that there is something wrong with me, or that I'm dumb.

POTENTIAL OBSTACLES TO BEING SUCCESSFUL WITHIN THIS CAREER

The possible obstacles:

- A lot of schooling. 7 to 12 years worth!
- Rejection from workplaces
- stress, straining on my mental health.

My plan to overcome them:

- Try to remember this: The end result will feel well worth the effort!
- Apply to many workplaces.
- Actively practice self care and self love. If I have done everything I can to help someone and they are still amiss, it isn't my fault.

THE TRAINING/EDUCATION REQUIRED FOR MY CAREER IS:

- A Bachelor of Arts degree in Psychology

AND THEN

- A doctorate degree.

OR

- A master's degree.

I must have a bachelors degree before continuing on to anything!

I INTEND TO GO TO DOUGLAS COLLEGE AND THEN QUEENS UNIVERSITY FOR THAT CAREER

- Coquitlam, British Columbia and Kingston, Ontario
- Applied Psychology, which is 4 years long. Psychology, which can be anywhere from 8-12 years.
- Bachelor of Arts in Psychology, and a Doctoral degree.
- Counselling Psychologists must have a Bachelor of Arts in Psychology before going to graduate school to obtain a doctorate.

DOUGLAS



HIGH SCHOOL COURSES REQUIRED

Grade 11 course options:

- Biology 11
- English 11
- Foundations of Mathematics 11
- Chemistry 11
- Family Studies 11
- Child Development 11

Grade 12 course options:

- Biology 12
- Chemistry 12
- Human Behaviour 12
- Human Services 12
- English 12
- Psychology 12

Douglas College seems like a safe introduction into what life will look like on my own as an adult. It has a smaller population and more intimate class sizes than most colleges do. Throughout the course of my education, I have found that I thrive on such small class settings. It gives me less anxiety, and I'm more likely to talk to my peers and teachers. I chose Douglas College because it feels like a good place to attend while I figure out what I want to focus on in my career.

Queen's University is a high energy, competitive, and fast-paced school. It has a long history, and is considered to be apart of the Canadian version of "Ivy Leagues." My Aunt is a Queen's alumna; I grew up hearing many stories about her time there and how great it was. She graduated high school at age 16, and went on to become an audiologist. I know that I enjoy studying the social sciences, so this would be a chance to do what I love, at a fast pace, with others that love the same thing. One of the many things that made me attracted to this place is an exchange program which they offer: A chance to study at one of their sister schools abroad for a semester. I would like to go to England, both for pleasure and education. It has been a dream of mine to attend this school for a long while.

FINANCIAL PLAN

Douglas College: $\$5387.60 \times 4 = \mathbf{\$21,550.40}$

Queen's University: $\$38,000 \times 4 = \mathbf{\$152,000}$

I am going to pay for my program:

- Scholarships and Bursaries
- Student loans
- saving a small portion of my paycheck when I begin work

SOME RELATED OCCUPATIONS:

- Social Worker
- Clinical Psychologist
- Psychology Professor
- School Counsellor
- Correctional Therapist
- Occupational Therapist
- Youth Worker

COUNSELLING PSYCHOLOGIST'S ARE AWESOME!!!

1. There are more than 400 phobias recognized by psychologists.
2. These fine gentlemen were helpful in building the field of psychology: Sigmund Freud, Charles Darwin, Carl Jung, Jean Piaget, and Noam Chomsky.
3. Rorschach's nickname as a child was "inkblot"
4. Cats have almost 2X the number of neurons in their cortex than dogs.

