



## Student Handout

### Self-Reflection of Transferable Skills and Careers

**Purpose:** The purposes of this activity are to help you become aware of the skills that are necessary to enter and succeed in a Psychology-related career and to provide you with an opportunity to self-evaluate your current level of these skills.

**Knowledge:** This assignment will also help you become familiar with the following important content knowledge in psychology:

1. Careers related to psychology

### Task Instructions:

1. Go to <https://www.onetonline.org/>. Click on “Advanced Search” and then on “Go to Skills Search”.
2. Read through categories of skills and select the skills at which you excel. When you are finished, click “Go” to see results.
3. You will receive a list of careers that correlates to the skills you identified as strengths. Choose one career that is related to Psychological science (see Kuther, 2017, or APA, 2011 for more information), click on it and use the assignment (below) for reflection.

### References

American Psychological Association. (2011). *Careers in psychology*. Retrieved from <http://www.apa.org/careers/resources/guides/careers.aspx>

Kuther, T. (2017) *Careers, education, and vocational applications in psychology: A three-unit teaching module for high school psychology teachers*. Retrieved from <http://www.apa.org/ed/precollege/topss/lessons/secure/vocational-applications.pdf>

### Criteria for Success:

I can identify transferable skills needed for particular careers and accurately identify careers related to psychology.



### Self-Reflection of Transferable Skills and Careers

Name: \_\_\_\_\_

Name of Career: \_\_\_\_\_

Look at the variety of tasks involved in this career. Choose 3 of the tasks you believe would be most important for your success in this career:

1.

2.

3.

Look at the skills required to be successful in this career. List 3 you believe represent your strengths and 3 that you would need to improve in order to perform the tasks you have selected above.

#### Strengths

1.

2.

3.

#### Needs Improvement

1.



2.

3.