

Essential Job Skills for the Pandemic and Beyond

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Key Points

T

Be a T: both deep expertise in a specific content area and a broad set of essential skills

Pandemic-proof yourself with essential skills.

**How is the COVID-19
pandemic affecting the
job markets and my
job prospects?**



Top “Human” Skills in the Pandemic

- Top Human Skills in jobs posted during the pandemic (Emsi, 2020)
 1. Communication
 2. Management
 3. Leadership
 4. Problem solving
 5. Teamwork
 6. Critical thinking
- Skills that allow you to survive and thrive
- ~~“Soft” skills~~ → “essential” skills or “human” skills
- In job postings, 84% included at least one top human skill (Emsi, 2020)

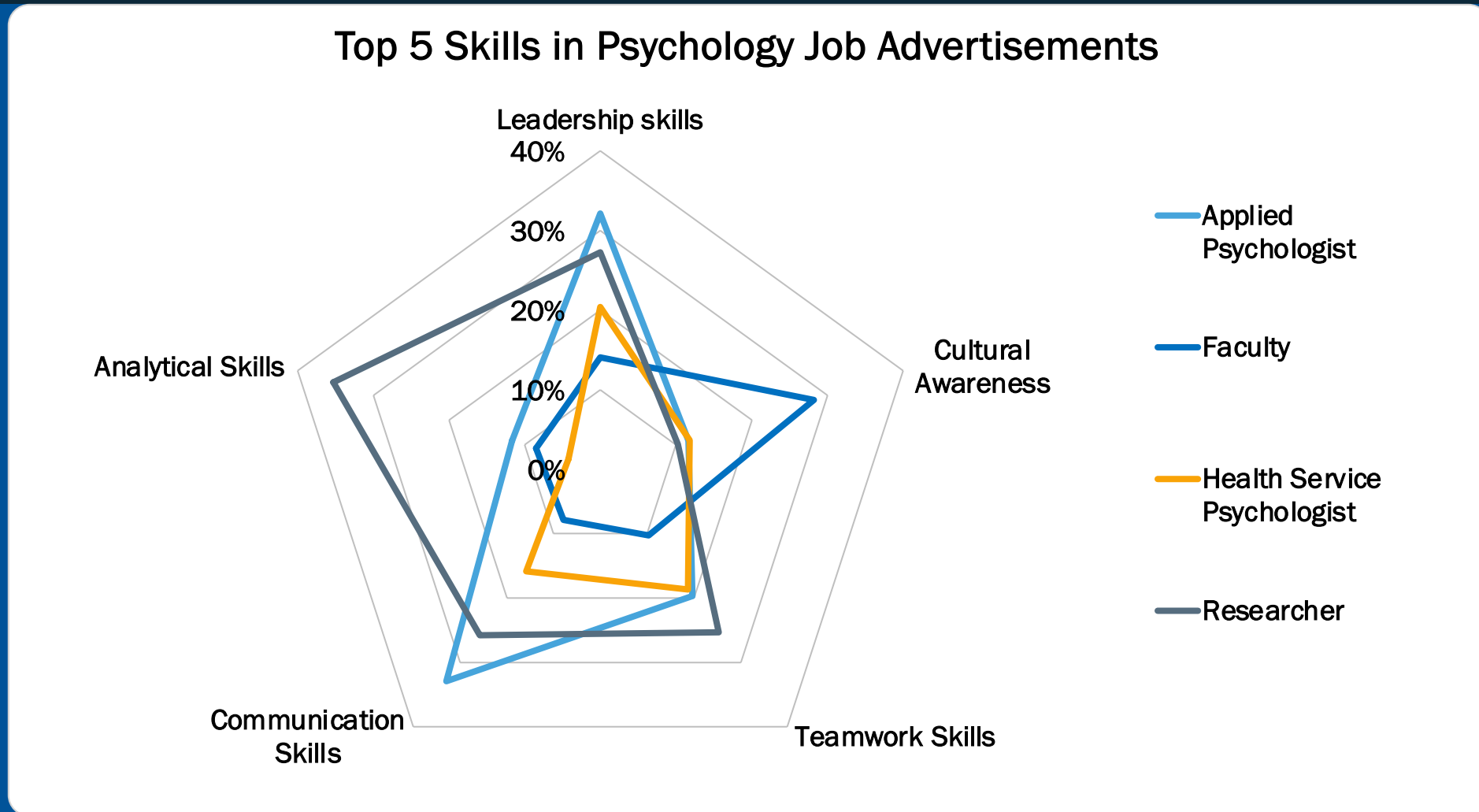
Why are essential skills essential?

- Common to many occupations and career pathways
- Have a foundation in psychology
 - Motivation
 - Persuasion
 - Data literacy
 - Scientific inquiry
 - Oral and written communication
 - Interpersonal relationships
 - Strategic decision making
- Got a job in mind? Run through this list and generate your own examples

Examples of Essential Skills

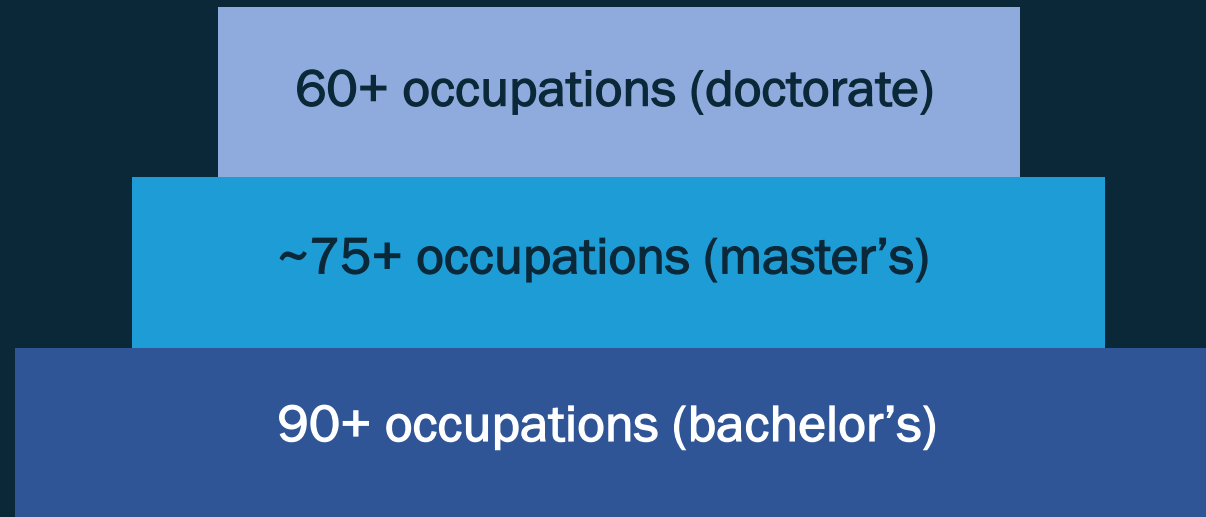
- Do you use behaviors that influence others? → **leadership**
- Served as an informal mentor? → **leadership**
- Ability to identify actionable insights in data? → **critical thinking**
- Ability to describe actionable insights in data? → **communication**
- Worked on a group project? → **teamwork**
- Can you use the scientific method? → **project management**

Top 5 Skills in Psychology Jobs



Psychology Occupation Pathways

Psychology degree holders work in many occupational categories



Careers in Psychology data tool:

<https://www.apa.org/workforce/data-tools/careers-psychology>

Actionable Points to Focus on...

- Be a T: deep expertise AND broad essential skills
- Essential skills are resilient skills
 - Teamwork
 - Communication
 - Leadership
- Skills of the future
 - Adaptability
 - Flexibility
 - Learning

Resources to Think Expansively about Your Skills

- Be self-reflective
 - What essential skills do you have?
 - What essential skills do you need?
 - O*NET job profiles:
<https://www.onetonline.org/>
 - APA Individual Development Plan:
<https://www.apa.org/education/grad/individual-development-plan>
- Plan but adapt

More Resources on Essential Skills

American Psychological Association. (2018). *Careers in psychology* [Interactive data tool].

<https://www.apa.org/workforce/data-tools/careers-psychology>

American Psychological Association. (2020). *Career pathways and psychology degree holders*. [Handout].

<https://www.apa.org/workforce/presentations/career-pathways-degree-holders.pdf>

Conroy, J., Lin, L., & Christidis, P. (2019, April). Top 5 skills employers seek in psychologists. *Monitor on Psychology*, 50(4), 19. <https://www.apa.org/monitor/2019/04/datapoint>

Conroy, J., Lin, L., & Christidis, P. (2020, April/May). Psychology knowledge at work. *Monitor on Psychology*, 51(3), 19. <https://www.apa.org/monitor/2020/04/datapoint-knowledge>

Emsi. (2020). *Resilient skills: The survivor skills that the Class of COVID-19 should pursue*.

<https://www.economicmodeling.com/resilient-skills/>

Fleischmann, M., Conroy, J., Christidis, P., & Lin, L. (2019, December). Psychology degrees build useful skills. *Monitor on Psychology*, 50(11), 19. <https://www.apa.org/monitor/2019/12/datapoint-skills>

Naufel, K. Z., Appleby, D. C., Young, J., Van Kirk, J. F., Spencer, S. M., Rudmann, J. Bernardo, C. J., Hettich, P., & Richmond, A. S. (2018). *The skillful psychology student: Prepared for success in the 21st century workplace*.

<https://www.apa.org/careers/resources/guides/transferable-skills.pdf>

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Q & A Session

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