

Which Psychology Career is right for me?

- 1) Do you enjoy working directly with people to help them overcome problems?
 - A) Sometimes
 - B) Yes
 - C) Not really

- 2) Do you enjoy solving theoretical problems? (Problems about theories, i.e. nature vs nurture)
 - A) Sometimes
 - B) Yes
 - C) No

- 3) Do you enjoy classes that focus on experimental design?
 - A) Yes
 - B) Somewhat
 - C) Not really

- 4) Are you good at math and statistics?
 - A) No. I do not like math or statistics.
 - B) Somewhat. Math is not my favorite subject, but I am okay with numbers.
 - C) Yes, I enjoy working with numbers.

- 5) Do you enjoy working to solve practical, real-world problems?
 - A) No, I prefer to focus on theoretical problems and debates. (i.e. nature vs. nurture)
 - B) Somewhat, I like to see my work being put to practical use.
 - C) Yes, I enjoy solving real-world problems a great deal.

- 6) Would you enjoy working with clients in a doctor's office, hospital or mental health clinic?
- A) Maybe, but it depends on the nature of the job.
 - B) Yes, this type of work setting would be ideal.
 - C) No. I would prefer not to work directly with clients in this type of environment.
- 7) Is earning a high salary important to you?
- A) No, the rewards of my job go beyond monetary reimbursement.
 - B) Somewhat, but work satisfaction is also important
 - C) Yes, a high salary is essential.
- 8) How long are you willing to spend in school in order to work in a psychology profession?
- A) 2-5 years
 - B) 7-9 years
 - C) 4-7 years
- 9) Are you able to deal with high stress situations with people who may be psychologically or emotionally unstable?
- A) Possibly
 - B) Yes
 - C) No
- 10) Do you enjoy working with children?
- A) I do not mind, but I prefer to work with adults
 - B) Sometimes
 - C) Yes, absolutely.

Scoring:

Count the number of A's you got _____

Count the number of B's you got _____

Count the number of C's you got _____

Which letter is the most frequent? _____

If you answered mostly A's you might belong in Industrial, Sports, Forensic, Developmental Psychology

If you answered mostly B's you might belong in Counseling, Social Work, Clinical or School Psychology.

If you answered mostly C's you might belong in Social Psychology, Cognitive Psychology, Biopsychology, or Experimental Psychology

Please see Dr. Jodi Richardson-Delgado for more detailed information about this quiz.

Results for mostly A answers

Based on your quiz results, you might want to consider a career in **applied psychology**. Applied psychologists utilize their knowledge of psychological theories and principles to solve real-world problems. Fortunately, there are a number of different applied psychology careers to choose from. The following are just a few of the top choices you should consider.



Image courtesy Constantin Kremmerer

Industrial Organizational Psychologist

Industrial-organizational psychologists often work in government offices, business settings or private offices. I-O psychologists generally hold at least a master's degree in industrial-organizational psychology. These professionals perform a variety of functions, including hiring qualified employees, conducting tests, designing products, creating training courses, and performing research on different aspects of the workplace.

Sports Psychologist

Sports psychologists typically perform a range of tasks related to sports performance and education. Some opt to teach at the university level, while others work directly with athletes to increase motivation and enhance performance. Other options include client counseling, scientific research, and athletic consulting.



Image courtesy Mary K. Baird

Developmental Psychologist

Developmental psychologists often work in research or university settings and explore theoretical issues related to human development. If you are interested in a career as a developmental psychologist, you should consider pursuing a doctorate degree in developmental psychology.



Image courtesy Lotus Head



Image courtesy Julie Elliott

Forensic Psychologist

Forensic psychology involves applying psychology to the field of criminal investigation and the law. Forensic psychologists are often involved in custody disputes, insurance claims, and lawsuits. Some professionals work in family courts and offer psychotherapy services, perform child custody evaluations, investigate reports of child abuse, and conduct visitation risk assessments.

Social Psychologist

Social psychologists study social influence, social perception, and social interaction. Some opt to teach at the university level, while others might work in consulting positions to help businesses better understand their customers or employees.



Image courtesy Iwan Bejjes

Results for mostly B answers

Based on your quiz results, you might want to consider some type of **therapeutic career in psychology**. Fortunately, there are a number of different therapy-related careers to choose from. The following are just a few of the top choices you should consider.



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Clinical Psychologist

Clinical psychologists often work in hospitals, private practice or academic settings. Clinicians are trained in a range of techniques and theoretical approaches. Some specialize in treating certain psychological disorders, while others work with clients suffering from a wide variety of problems. Clinicians must have a doctorate degree in clinical psychology.



Image courtesy Heriberto Herrera/iStockPhoto

School Psychologist

School psychologists work with individual students and groups of students to deal with behavioral problems, academic difficulties, disabilities, and other issues. They also work with teachers and parents to develop techniques to deal with home and classroom behavior. Two to three years of graduate education in school psychology is usually necessary, but specific requirements can vary by state.



Image courtesy bo1982/iStockPhoto

Counselor

Counselors work in a variety of settings, including private practice, hospitals and school. Many counselors choose to specialize in a certain area, such as youth counseling or marriage and family counseling. While requirements can vary from state to state, most require at least three years of graduate education in counseling.



Social Worker

Social work is a diverse career choice that offers a lot of flexibility. Social workers work in job areas such as child welfare protection, psychosocial rehabilitation, drug and alcohol cessation and government assistance. A minimum of a bachelor's degree is required, but many choose to earn a master's in social work in order to enjoy the increased job opportunities and higher salary scale.

Results for mostly C answers

Based on your quiz results, you might want to consider a career in [experimental psychology](#). Fortunately, there are a number of different experimental careers to choose from. The following are just a few of the top choices you should consider.



Image courtesy Rich Legg/iStockPhoto

[Experimental Psychologist](#)

Experimental psychologists work in a wide variety of settings including colleges, universities, research centers, government and private businesses. Some of these professionals may focus on teaching experimental methods to students, while others conduct research on cognitive processes, animal behavior, neuroscience, personality and many other subject areas.



Image courtesy Lotus Head

[Developmental Psychologist](#)

Developmental psychologists often work in research or university settings and explore theoretical issues related to human development. If you are interested in a career as a developmental psychologist, you should consider pursuing a doctorate degree in developmental psychology.

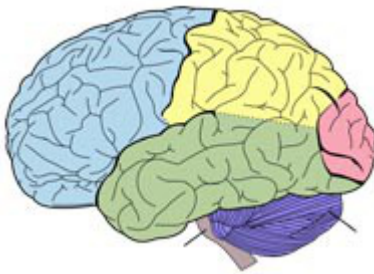


Image courtesy Mysid

[Cognitive Psychologist](#)

Cognitive psychologists work in a number of areas. Many cognitive psychologists conduct applied research or basic research on the human thought process. Cognitive psychologists often work at colleges and universities, government agencies, corporate businesses, and in private consulting. A doctorate degree in cognitive psychology is recommended.



Image courtesy Iwan Beijes

[Social Psychologist](#)

Social psychologists study social influence, social perception, and social interaction. Some opt to teach at the university level, while others might work in consulting positions to help businesses better understand their customers or employees.