INVITED EDITORIAL: Using Psi Chi eBooks and Eye on Psi Chi Articles as Readings When Teaching Career Exploration and Professional Development in Psychology Courses

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ABSTRACT. The APA Guidelines for the Undergraduate Psychology Major, now on version 3 (APA, 2023), includes personal and professional development as its fifth goal. Because of this, faculty are increasingly being asked to teach about career exploration and professional development in their psychology courses (Halonen & Dunn, 2018; Spencer, 2019). This article covers readings developed by Psi Chi, the International Honor Society in Psychology, which can be useful for instructors when selecting content about career exploration and professional development for their courses. These readings could also be useful for faculty to give to undergraduate psychology students when advising them. In this article, three inexpensive and useful Psi Chi eBooks are discussed, which cover career exploration and joining the workforce, graduate school, and business-related careers. In addition, articles from Psi Chi's magazine, Eye on Psi Chi, are presented. Those articles are grouped into the following categories: career exploration and joining the workforce, graduate school, professional development, and specific areas of psychology. These student-friendly and content-rich articles are free to access for students and faculty.

Since the APA Guidelines for the Undergraduate Psychology Major, now on version 3 (APA, 2023), included personal and professional development as its fifth goal (e.g., cultivate workforce collaboration skills, demonstrate appropriate workforce technological skills, develop direction for life after graduation, etc.), there has been needed attention placed on this area for undergraduates majoring in psychology (Halonen, 2013). Faculty are increasingly being asked to teach about career exploration and professional development in their psychology courses (Halonen & Dunn, 2018; Spencer, 2019). About a third of undergraduate psychology programs already offer a course dedicated to career exploration (Pfund et al., 2021). This article will cover possible readings that can be useful for instructors when selecting content about career exploration and professional development. These readings could also be useful for faculty to give to undergraduate psychology students when advising them.

When determining the career exploration and professional development material for use in courses, instructors could use the areas included in the fifth goal of the APA Guidelines for the Undergraduate Psychology Major (APA, 2023) as a guide. They also could develop ideas from the example syllabi posted by Division 2 of the APA, the Society of Teaching Psychology (see http://teachpsych.org/otrp/syllabi/index.php). Additionally, Divisions 2’s journal, Teaching of Psychology, has articles that could generate ideas for designing course materials and assignments (e.g., Ciarocco, 2018; Halonen & Dunn, 2018; Lawson, 2018; Maynard et al., 2004; Nauta, 2002). Finally, as for content and readings, Psi Chi, the International Honor Society in Psychology, provides excellent resources.

Readings for Courses
When selecting readings, psychology faculty should focus on helping students who plan to attend graduate school and those who intend to enter the workforce directly after their undergraduate study. Halonen and Dunn (2018) noted that there are often false perceptions...
by faculty that students cannot get a job in psychology without going to graduate school. Halonen (2013) warned that this also can set up a two-tiered culture within a psychology department where those going to graduate school receive preferential treatment. She argued that "both tracks offer perfectly legitimate choices because society needs people who understand behavior and mental processes in a multitude of contexts" (p. 11). It should also be noted that most of the psychology graduates in the United States (86%) do not earn a graduate degree, and the ones who do mostly earn a master's degree (National Science Foundation, 2017).

Psi Chi has published two eBooks that would be useful to use in courses when covering career exploration and graduate school. These eBooks are inexpensive and easily accessible from Psi Chi (https://store.psichi.org/digital-downloads). We believe that adopting both would be beneficial for faculty and students alike.

**Psi Chi eBook About Career Exploration and Joining the Workforce**
The first eBook, *An Eye on the Workplace: Achieving a Career with a Bachelor's in Psychology* was published in 2020 by Hettich et al. The eBook includes 30 short and student-friendly articles written by 18 authors that were published in the *Eye on Psi Chi* magazine. The articles are written for those who plan to go directly into the workforce after their undergraduate education. The sections of the eBook include:

- Demystifying the College-to-Workplace Transition
- Preparing for the Workforce During College
- The Skills and Experiences Employers Seek
- Résumés and Letters of Reference
- Acing Interviews
- Special Topics

**Psi Chi eBook About Graduate School**
The second eBook, *An Eye on Graduate School: Guidance Through a Successful Application* by Sleigh et al. (2017), gives advice for those who plan to apply to graduate school. The eBook has 19 short and also student-friendly articles written by multiple professors grouped into the following sections:

- Preparing for and Selecting a Graduate Program
- The Application Process
- Preparing for the GRE
- Soliciting Letters of Recommendations
- Writing the Personal Statement
- Interviewing
- Choosing a Program and Succeeding in Graduate School

**Eye on Psi Chi Articles**
Since the eBooks written by Hettich et al. (2020) and Sleigh et al. (2017) were published, Psi Chi's magazine, *Eye on Psi Chi*, has included many new articles about career exploration and graduate school that also could be added to courses. These articles are about topics that are timely and would appeal to undergraduate students. They are free to access, and the titles, authors, years published, and links are provided below.

**Articles About Career Exploration and Joining the Workforce.**
- Adjusting Expectations for Recent Graduates Entering the Workforce (Parker, 2023)
- Embarking on Career Exploration? Start a Career Conversation (Safer, 2023a)
- IQ vs EQ for Career Success (Safer, 2023b)
- Building Your Brand: Assessing Your Personal Strengths and Communicating Your Value to Others (Safer, 2022)
- COVID-19 Is Changing the Competencies You May Need to Obtain a Job (Hettich, 2021a)
- What Skills Do Employers Seek? Four Perspectives (Hettich, 2021b)
- Contemplating a Career as a Psychologist or Professor? Career Psychology in a Challenging Workworld (Crespi & Oquendo, 2020)

**Articles about Graduate School.**
- The Online Graduate PhD Degree: Questions, Answers, and Case Analysis (Crespi & Amico, 2023a)
- Virtual Graduate Education? Possibilities and Probabilities for a Virtuous PhD Degree (Crespi & Amico, 2023b)
- Gap Year(s) Before Graduate School: Pros, Cons, and Unknowns (Norcross et al., 2023a)
- Obtaining Letters of Recommendation for Graduate School (Norcross et al., 2023b)
- Questions and Answers: Every Student Should Know When Preparing for Graduate School (Radico et al., 2023)
- Questions and Answers: About Acquiring Research Experiences Before Applying to Graduate School (Turner-Musa et al., 2023a)
- Questions and Answers: About Communicating Your Research Experiences When Applying to Graduate School (Turner-Musa et al., 2023b)
- The Hidden Costs of Applying for Graduate School and Suggestions to Reduce Them (Weiss & Tamura, 2023)
- Four Upheavals in Doctoral Admissions in Clinical and Counseling Psychology (Carachilo et al., 2022)
• Graduate Degrees and Post Degree Licensure: Charting Your Course to Employment (Crespi & Amico, 2022)
• Scary Stories of Applying to Graduate School!? (Radico et al., 2022b)
• Your Secret Decoder to Graduate School and/or Career Success (Cannon, 2021)
• Tips, Tricks, and Insight to Ace Your Interview for Doctoral Psychology Admission (Prinstein, 2021)
• Questions (and Answers) About Preparing to Apply to Graduate School (Radico et al., 2021c)
• Questions (And Answers) About Returning to Graduate School After a Gap Year (Radico et al., 2021a)
• Questions (And Answers) About Whether to Take Time Off Before Graduate School (Radico et al., 2021b)
• Questions (and Answers) About What to Leave Off of Your Graduate School Resumé/CV (VanderStoep et al., 2021)
• Graduate Education in Contemporary Society: Traditional and Distance Education Options and Opportunities (Crespi & Amico, 2020)
• Questions (and Answers) About Graduate School Fit (Handelsman et al., 2020b)
• Questions (and Answers) About Your Acceptance into Graduate School (Handelsman et al., 2020a)
• Questions (and Answers) About Your First Semester in Graduate School (Landrum et al., 2020)
• An Honest Look into the Life of Psychology Graduate Students (Stone et al., 2020)
• Questions (and Answers) About What to Include on Your Graduate School Resumé/CV (VanderStoep et al., 2020)
• Dreaming of a Graduate Degree: Options and Opportunities in a Dynamic Market (Crespi & Alicandro, 2019)
• Do You Have the Research Experience Necessary for a Competitive Graduate School Application? (Hughes, 2019)
• Making Your Way Through Graduate School to Financial Security (McClain & Fletcher, 2019)
• Student Internships in Psychology: Thinking Outside the Box (McMahon, 2019)

These recent *Eye on Psi Chi* articles may be useful to include in class discussions or reading lists.
• Surround Yourself With Support: The Importance of Mentors, Advocates, and Sponsors (Safer, 2023c)
• Study Abroad—Your Future Self Will Thank You (Afful et al., 2022)
• LinkedIn*: Advice for Students and Faculty (Morgan et al., 2021)
• Everything I Needed to Know About Money I Didn’t Learn in College (Sleigh et al., 2018)
• Why Study Abroad? What Psychology Students Have to Gain from Study Abroad Opportunities (Earnest, 2015)

**Articles About Specific Areas of Psychology and Areas Outside of Psychology.** Many psychology students are interested in specific fields of psychology, but others are interested in fields outside of psychology where a psychology degree can be very useful (Appleby, 2018). The following recently published *Eye on Psi Chi* articles (from 2014 to the present) could be helpful to include in courses or could be given to advisees who are interested in specific fields. Halonen (2013) noted that presenting diverse options to majors helps to legitimize different pathways to career success.

The following *Eye on Psi Chi* articles are about areas within psychology:
• Drifting Into the World of Work: Complementing Your Psych-Related Education With Organizational/Consulting Psychology Training (Crespi, 2023)
• What a Psychometrist Job Is Really Like (Fawaz, 2022)
• People With a Fully Functioning Frontal Lobe Are More Agreeable . . . or Things We Learned From Biopsychology (McMahan, 2022)
• Counseling Psychology: Making Everyday Life Bearable (McMahan, 2021a)
• Environmental Psychology: Not Just for Hippies (McMahan, 2021b)
• Personality Psychology: For the Snowflakes (McMahan, 2021c)
• School Psychology . . . For Those Who Are Not Faint of Heart (McMahan, 2021d)
• Decisions, Decisions: What Are the Real Differences Between Clinical Psychology and Counseling Psychology Programs? (Martin-Wagar et al., 2020)
• Community Psychology—In the Trenches and Advancing the Line Forward (McMahan, 2020a)
• Consumer Psychology: Making Sense of Your Irrational Purchases (McMahan, 2022b)

**Articles About Professional Development.** Some of the following topics would interest students, but they were not covered in the eBooks or articles listed above. Those include finding mentors, completing study abroad or study away programs, LinkedIn, and dealing with financial concerns while in college.

**SPRING 2024**
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Cross-Cultural Psychology … Because Not Everybody Is WEIRD (McMahan, 2022c)
Everything I Know About People I Learned From a Cat: Comparative Psychology and the Study of Human Behavior Through Research on Nonhuman Species (McMahan, 2020a)
Health Psychology: Promoting Good Decision Making Since 1969! (McMahan, 2020b)
Quantitative Psychology: Using Numbers to Bring Order Out of Chaos! (McMahan, 2020c)
Cognitive Psychology: A Field Dedicated to Determining the Contents of a Box (McMahan, 2019a)
Introducing Forensic Psychology … FYI, It’s Not All Criminal Minds and CSI (McMahan, 2019b)
Contemporary Psychology “An Education in Educational Psychology” or “A Good Excuse to Catch Up With an Old Friend” (McMahan & Renken, 2019)
An Introduction to Social Psychology (Or, How to Become a Famous Scientist) (McMahan, 2018-2019)
Developmental Psychology: A Microcosm of General Psychology (McMahan, 2018a)
Evolutionary Psychology and the Functional Nature of Human Behavior: An Interview with Glenn Geher, PhD (McMahan, 2018b)
Sport Psychology: Explicitly Linking the Body and the Mind (McMahan, 2018c)

The following Eye on Psi Chi articles are about areas outside of psychology:

- The Challenges That Come When Doing Organization Development Work (Carasco, 2022)
- Applying Your Psych Major Toward a Career in Criminal Justice (Weiss, 2022)
- Psychology as a Stepping Stone: Opportunity for Further Study in Medicine (Kong, 2017)
- Career Possibilities for Undergraduate Psychology Majors: Spotlight on Public Health (Lee et al., 2017)
- Lessons Learned From a Law School Graduate With a Psychology Degree (Lorenz, 2014)

**Psi Chi eBook About Business-Related Careers for Psychology Majors**

For students who want to own their own businesses or are interested in the business field, Appleby (2021) wrote an eBook, *Preparing Psychology Majors for Business-Related Careers*. In the text, chapters are titled with different types of employability (e.g., strategic employability, sustainable employability, etc.) and cover specific business careers, how students can increase their chances of entering the field of business, and how students can promote their skills to employers. This eBook is available to purchase on the Psi Chi website (https://store.psichi.org/digital-downloads).

The readings provided in this article would be great additions for many types of psychology courses and also would be useful to give to advisees. For example, a professor could use some of these readings in an introductory psychology course when covering careers in psychology. For faculty teaching courses specifically about career exploration and professional development, these readings could make up most of the content for their course and professors could customize the content to fit their student population. For example, some faculty could have common readings for all students and then students could select additional readings to fit their intended career paths or graduate school aspirations. Student projects, presentations, and assignments could be based on what students learn from the readings. Besides the versatility of the content of the readings listed in this article, another advantage is that the readings are either low cost or free, which allows for easy accessibility for students.

**References**


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