



University of  
**Sheffield**

Psychology

careers guide.

Shape your future

from day one.

**Be Sheffield**

**Made.**

# More than a psychology degree.

Psychology graduates understand people and their behaviour which opens up a huge range of career opportunities. Whether you want to work within the field of psychology, apply your transferable skills in one of a range of industries, or you're just not sure, this guide will give you an idea of the exciting careers that your degree can lead to, and how we'll help you get there.



## Develop the skills employers need.

By deciding to study psychology, you're already off to a great start. As you train during your degree, you'll build a strong set of transferable skills that employers are looking for, including:

- ▶ analytical and creative problem-solving skills
- ▶ research and report writing
- ▶ data handling skills
- ▶ team working, presentation and other communication skills
- ▶ leadership skills and project management
- ▶ time management, planning and organisation

That's on top of all the subject knowledge and skills that you'll gain from our expert psychologists.

## Helping you get to where you want to go.

Along the way, you'll find out more about yourself and what you'd like to do. There's support available at every step, including:

- ▶ Skills development sessions built into the curriculum
- ▶ CV and application workshops
- ▶ Mock assessment centres and practice interviews
- ▶ Placement year support
- ▶ Career Connect: our online platform for jobs and placement vacancies
- ▶ mySkills app: keep track of your achievements and skills development throughout your time at Sheffield
- ▶ eMentor scheme: talk to previous placement year students and recent graduates about their experience and successes
- ▶ One-to-one appointments for specialist guidance
- ▶ Careers fairs
- ▶ Employer events and networking sessions as well as talks from alumni and visiting psychology professionals

**“The main transferable skill I developed was the ability to think critically. It is a skill that does not develop naturally, but instead needs to be applied and practiced in order to improve. The psychology course at Sheffield gave me many opportunities to practice.”**

Katrina Bennett, BSc Psychology

We want you to leave university ready for the future you want so that, when the time comes, you can talk confidently and with evidence about your skills, experiences and personal strengths, on your CV, in applications and at job interviews.

You won't be on your own once you finish your degree either – the University Careers Service will support you for as long as you need them after graduation.

## What can I do with a psychology degree?

**As a psychology graduate from the University of Sheffield you'll have lots of options open to you.**

Employers seek out our graduates because of their ability to handle data, solve problems, and communicate complex ideas to a range of audiences. This makes them successful in whatever they choose to do, whether they train to be chartered psychologists, take on research roles, join graduate schemes with Top 100 employers like IBM, the NHS, Deloitte and Teach First, or enter further study to PhD level with leading universities around the world.

Where could your degree take you?



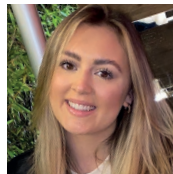
**Amber-Sophie Dugdale**  
BSc Psychology

After completing her BSc Psychology degree, Amber secured a place on the competitive clinical doctorate. She's now training to be a Clinical Psychologist.



**Kurt Armstrong**  
BSc Psychology

Kurt is now an Assistant Psychologist working in a neurodevelopmental pathway for Child and Adolescent Mental Health Services (CAMHS), assessing children for Autism Spectrum Disorder.



**Chloe Saunders**  
BSc Psychology

Chloe spent her placement year working in IBM's Human Resources Business Development team. After graduation, Chloe joined IBM's graduate programme, working as a Business Transformation Consultant, analysing customer data to create artificial intelligence solutions.

## Professional Psychologist route

Our courses are accredited by the British Psychological Society, which makes them the first step towards further training to become a professional Chartered Psychologist. After further study, many of our students go on to work as Occupational, Educational, Clinical, Forensic, Health and Counselling Psychologists.

## Applying psychology

There are lots of opportunities to work within psychology, applying your theoretical knowledge and helping clients through different forms of therapy. Our graduates work in schools with children who have specific needs, hospitals, for charities, and local psychology services in roles including Counsellor, Psychotherapist, and Psychological Wellbeing Practitioner (PWP) trainee positions.

## Beyond psychology

A good degree from a great university can take you far, whatever you want to do. We have graduates putting their knowledge of human behaviour to good use in marketing and communications, human resources, data science, management and teaching.

## Further study

If you're interested in postgraduate study, we'll help you to consider your options so you can specialise in an area of psychology you're fascinated by, learn new skills, or change direction. Some of our graduates choose to progress onto a PhD with the goal of becoming a researcher, others begin postgraduate training in areas such as neuroscience, mental health or child development.

### Example job titles and employers

- ▶ **Doctorate in Clinical Psychology (DClinPsy) student**, the University of Sheffield
- ▶ **Commissioning Editor**, Bloomsbury
- ▶ **Trainee Cognitive Behavioural Therapist**, Dorking Healthcare
- ▶ **International Distribution Coordinator**, AstraZeneca
- ▶ **Trainee Psychological Wellbeing Practitioner**, Oxfordshire Mind
- ▶ **Assistant Manager**, Deloitte
- ▶ **Digital Marketing Executive**, Cirrus (part of Accenture)
- ▶ **Government Social Research Analyst**, Department for International Trade
- ▶ **HR Business Partner**, Amazon
- ▶ **Social Researcher**, Department for Education

## Opportunities to enhance your CV.

**Graduation might seem a long way off but it's never too early to start thinking about how you can gain additional skills and experience to make yourself stand out from the crowd.**



Harriet worked in the Neurology Department at the Royal Hallamshire Hospital in Sheffield for her placement year.

## Work placements

A placement is a great opportunity to test out a career path that you're considering – whether that's within the field of psychology or applying your transferable skills in industry. It'll give you experience of applying for jobs as well as interview practice, and will make you stand out once you graduate. You can do this as a recognised part of your degree with our BSc Psychology with Placement Year course.

Our students have previously completed their placements with organisations including the NHS, Prison and Probation Services and IBM.



Jessica spent her summer investigating the link between children's early maths skills and socioeconomic status.

## Research placements

If you're considering a research career, a great way to get additional experience is to join the Sheffield Undergraduate Research Experience scheme. This gives you a bursary to spend six weeks working with one of our world-class research groups over the summer break. You'll be able to get first-hand experience designing and carrying out research projects, and time to work out if a career in research is right for you.

## Study abroad



Charlotte spent her summer working in Sri Lanka to promote positive mental health in the country.

Spending time studying abroad is a great way to develop transferable skills. Our courses offer international opportunities, from extending your course and spending a full year studying abroad at another institution, to attending an international summer school on a topic of your choice.

Employers are quick to recognise the personal growth that students go through when they study abroad, and that graduates who took this option can offer a fresh perspective.

## Jobs and volunteering



Luke was a Sheffield Science and Engineering Champion alongside his studies, running workshops and activities for primary school children.

Outside of your studies, there are clubs and societies you can join, committee and student rep roles you can go up for, and lots of opportunities to volunteer with local organisations and gain extra skills and experience. Sheffield has plenty of part-time work opportunities too. It all adds to your CV.

Many psychology students choose to work with us to develop their science communication skills, by running science sessions for local school children and events for the public. It's a great way to build your confidence and make new connections.

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**“I've most enjoyed having the opportunity to help others in the community, it's been challenging at times but a very rewarding experience.”**

Grace Ding, BSc Psychology with Placement Year

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## Get down to details.

Because we want to keep our carbon footprint down, there's a lot we haven't included here. Find us online to learn more.

[www.sheffield.ac.uk/psychology/undergraduate](http://www.sheffield.ac.uk/psychology/undergraduate)  
[www.sheffield.ac.uk/study/career](http://www.sheffield.ac.uk/study/career)  
[www.youtube.com/sciencesheffield](http://www.youtube.com/sciencesheffield)

[psy-ug-admissions@sheffield.ac.uk](mailto:psy-ug-admissions@sheffield.ac.uk)



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