

Psychology Job Opportunities in the Future of Work

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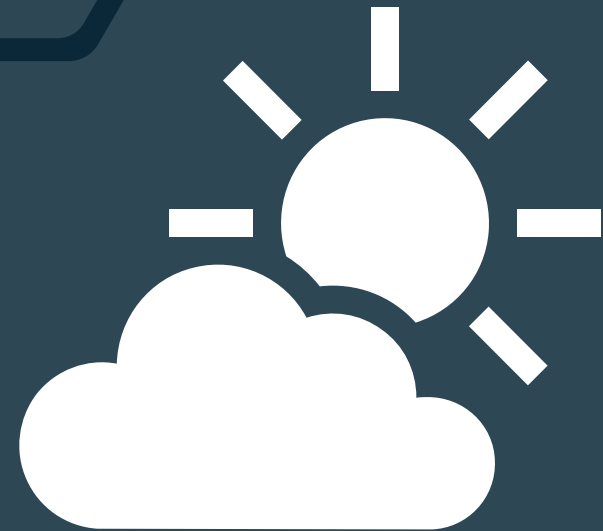
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What is the outlook for the job markets (June 2022)?

- 1. The Great Resignation**
- 2. Burnout and wellness**
- 3. Looming recession?**



Key Points

The future of work is human.

Emerging psychology job opportunities exist in technology, applied psychology, equity, and wellness/wellbeing.

The Future of Work is Human

- Human/essential/transferable skills
 - Skills required for successful performance of just about any job
 - Inherently **human**, based in **behavior**, and have foundations in **psychology**, such as:
 - › Communication
 - › Teamwork/collaboration
 - › Leadership
 - › Interpersonal relationships
 - › Empathy
 - › Critical thinking
 - › Problem solving
 - Human skills are currently resistant to technology/automation
 - Human skills are durable and resilient
- Top 20 skills for psychology degree holders: see References for *Monitor* links



Role of Technology

- How humans use technology in our jobs
 - Technology-assisted or technology-augmented work, remote work tools, virtual meeting platforms, etc.
- How psychology uses technology
 - Telehealth services, electronic health records (EHRs), distance learning platforms, scaling up individual-level approaches, mental health apps, human factors research, user experience (UX) design, artificial intelligence, data science, etc.
- Have you updated your CV/resumé since March 2020? Make sure you include technology skills

Opportunities: Applied Psychology

- Use psychological research to solve real-world problems
- Do you ask questions that start with “how” or “why”?
 - Why do health, educational, and economic inequities exist?
 - How do people interact with and understand technology?
 - How do we make sure that artificial intelligence does not cause harm?
 - How do organizations and systems change?
 - How can psychology promote equitable hiring?
 - How can psychology address complex societal issues, such as systemic racism, climate change, gun violence, population health needs, etc?
 - Advocacy/public policy

Opportunities: Equity

- Growth in equity, diversity and inclusion offices
- More attention to diverse perspectives and inclusive work environments
- Go beyond the job title and examine the job description
- Organizational change: everyone can contribute to equity

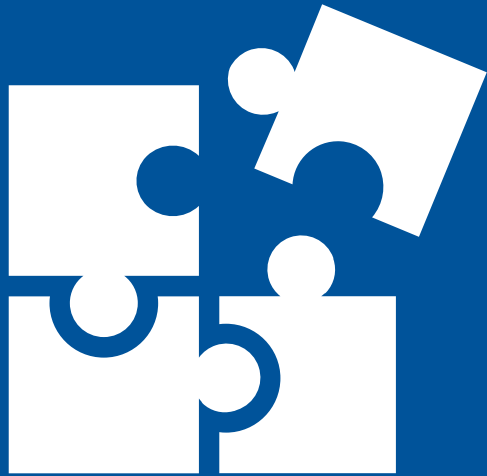


Opportunities: Wellness/Wellbeing

- Growth in employee wellness/wellbeing offices
- More attention to burnout and mental health
- What can organizations do to prevent burnout and improve wellness in the workplace?
- Organizational change: everyone can contribute



Actionable Next Steps for Exploring Careers



- Be self-reflective (i.e. Know thyself)
 - Understand your skills, abilities, knowledge, interests, motivations, and values
- Create a plan
 - APA Individual Development Plan: <https://www.apa.org/education/grad/individual-development-plan>
 - O*NET job profiles: <https://www.onetonline.org/>
 - APA Center for Workforce Studies: www.apa.org/workforce
- Plan but adapt

Resources and References

- APA Individual Development Plan resource:
<https://www.apa.org/education/grad/individual-development-plan>
- Careers in Psychology data tool:
<https://www.apa.org/workforce/data-tools/careers-psychology>
- O*NET job profiles: <https://www.onetonline.org/>
- *Monitor on Psychology* Datapoints on Top 20 skills for psychology bachelor's degree holders (July/August 2021: <https://www.apa.org/monitor/2021/07/datapoint-psychology-major>) and master's/doctorate degree holders (September 2021: <https://www.apa.org/monitor/2021/09/datapoint-graduate>)

Good luck in planning your career pathway.
Be well and thank you for joining today!