

# PSY·CHOL·O·GY (SĪ'KÄLƏJĒ/)

*The Scientific Study of Behavior and Mental Processes*

## PSYCHOLOGY HANDBOOK

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Spring 2018

Central New Mexico Community College



Last Updated on 1.16.2018 by Asa Stone

## Welcome Message – by Marjo Garlach

Greetings!

As you explore the different majors and certificates offered at CNM, you may be among the many students considering majoring in Psychology. Across the country, Psychology is typically among the top three most awarded undergraduate degrees. Although earning an Associates of Arts degree will not train you to be a psychologist, it will provide you with the knowledge and skills that are highly valued by employers, and that are necessary for many career choices. The associate's degree will also prepare you to continue your education toward a Bachelor's degree in Psychology or in many other disciplines.

While studying Psychology, you will acquire an extensive foundation of knowledge about human experience that includes greater self-knowledge and awareness, and increased understanding of the dynamics of interpersonal relationships. Psychology students learn about thinking and problem solving, human development, emotion, social influences, the biology behind human behavior and thinking, and so much more. By adopting a Psychology major, you will acquire valuable skills in the areas of critical thinking, communication, research methodology and statistics, interpersonal dynamics, and self-understanding. These are the skills employers are looking for.

When you graduate with an Associate of Arts in Psychology from CNM, you will be well-prepared to continue your education at a four-year institute. You may also qualify for entry level positions in a variety of fields, including those related to marketing, sales, and advertising, rehabilitation services, social services, psychiatric services, child care, probation/parole, and career counseling.

As you explore your options, look over the summary of Psychology courses in this pamphlet. If you would like to discuss how Psychology could support your career goals, contact one of the Psychology instructors listed in the pamphlet. They are eager to help you decide whether a Psychology degree is the right choice for you. It may be an excellent choice!

Sincerely,  
Marjo Garlach

## Get Inspired to Graduate – by Kris Roush

*Why is obtaining your AA in Psychology important?*

Imagine you are being interviewed for that job you REALLY want. The employer asks you, "Tell me about your academic background." Now, try on these two possible answers. "I took some classes at CNM." or, "I have an Associates Degree in Psychology from CNM." Which one feels better to say? More importantly, perhaps, which one is the much more impressive answer to the interviewer? Which is more likely to get you that job?

Do it. You love Psychology (Who doesn't?). You know that it is the perfect academic preparation for any career that involves interacting with people (Which doesn't?). Send the message to employers that you are a person who can work toward a specific goal and complete it - that you know who you are, you have motivation, and that you can be counted on to follow through with a commitment, even when it gets tough. That's what a college degree tells people about you. One class at a time, one semester at a time, and before you know it, you are walking across a stage wearing a CNM cap and gown as you receive your diploma. Do it now, before life gets in the way. Imagine it now; do it now. Say it with me again, "I have an Associate's Degree in Psychology from CNM." Feels good, huh? And welcome to our profession of Psychology!

*What are academic paths for a career in Psychology?*

The chart below shows different degrees in Psychology (top row), how long it typically takes for a full-time student to earn those degrees in higher education (middle row), and types of careers you could pursue with each degree level (bottom row).

<b>Degrees</b>	<b>Associate</b>	<b>Bachelor</b>	<b>Masters</b>	<b>Doctorate</b>
<b>Titles</b>	AA AS	BA BS	MA MS M.Ed.	Ph.D. Psy.D. M.D.
<b>Duration</b>	2 years	4 years (Associate + 2)	6 years (Bachelor + 2)	6~10 years (Masters + 2~4)
<b>Paths</b>	General preparation	General preparation	Counseling	Research Practice Psychiatry

## AA Psychology Degree Requirements – by Erin Radcliffe

There are so many reasons why earning an AA in Psychology is beneficial! The degree not only makes your transfer easier and smoother (e.g. no need to provide high school diploma, GED, SAT, or ACS), but also may help you qualify for a job while you pursue a four-year college degree (e.g. demonstration of academic achievement, meeting a minimum requirement)! Transferring processes are different depending on the college/university. It is very important to review the process early to ensure that you have all the documents that you need in time. Contact a Connect Coach or your CHSS School Advisor for academic inquiries.

### *AA Psychology Degree Requirements*

You can access the list of requirements here:

[http://catalog.cnm.edu/preview\\_program.php?catoid=27&poid=6263&hl=psychology&returnto=search](http://catalog.cnm.edu/preview_program.php?catoid=27&poid=6263&hl=psychology&returnto=search). You are strongly encouraged to communicate with psychology faculty and your School Advisor for an optimal educational experience. Note that not all psychology courses count towards your AA in Psychology degree. The AA Psychology Degree Requirements (accessible from the link above) lists the program-approved electives required for your degree.

Required Courses	Program-Approved Electives (Select 3 courses)	Non-Degree Electives
PSY 1105 PSY 2200	PSY 2220 PSY 2240 PSY 2260 PSY 2265 PSY 2271 PSY 2280	PSY 2231 PSY 2232 PSY 2233 PSY 2289

### *Graduation Catalog*

Current students may choose to complete their program requirements as defined in the catalog in effect when they earned their first credit(s) at CNM or a later one as long as it is not more than five years old. Time of attendance is defined for the purposes of determining a student's Graduation Catalog as the period of time between the student's first earned credit hours at CNM through their last earned credit hours at CNM. Note: Course pre- and corequisites must be met for each course at the time of registration, regardless of the catalog under which a student will graduate. Students are encouraged to track their progress toward their degree completion in Degree Works (accessible through MyCNM's "Graduation" tab).

### *Contact Information*

Contact the CHSS School Advisor Erin Radcliffe ([eradcliffe2@cnm.edu](mailto:eradcliffe2@cnm.edu), 505-224-3588) if you have questions or need to update your major or catalog (<https://www.cnm.edu/student-resources/catalog>).

## Transfer Information – by Erin Radcliffe

For more additional information, explore the CNM Transfer page for Psychology: <https://www.cnm.edu/student-resources/transfer/transfer-from-cnm/transfer-by-program/psychology>.

### *Transferring to the University of New Mexico*

Students interested in transferring to the University of New Mexico (UNM) are strongly encouraged to contact Keelan O’Riley ([koriley@unm.edu](mailto:koriley@unm.edu), 277-2463) or Jennifer Serrano ([jeserrano@unm.edu](mailto:jeserrano@unm.edu), 505-227-4621) to inquire about both Major and Minor in Psychology at UNM. Information about UNM’s undergraduate psychology program can be found here: <http://catalog.unm.edu/catalogs/2017-2018/colleges/arts-sciences/psychology/undergraduate-program.html>.

With an AA in Psychology at CNM, a Minor in Psychology at UNM could be obtained by completing any of two Psychology courses at UNM: <http://catalog.unm.edu/catalogs/2017-2018/colleges/arts-sciences/psychology/undergraduate-program.html>.

If you wish to pursue a post-bachelor degree at UNM, you may explore the Master’s Program in Counseling (<https://coe.unm.edu/departments-programs/ifce/counselor-education/masters-degree.html>), the Applied Behavioral Analysis Certificate (<https://coe.unm.edu/departments-programs/es/special-education-program/aba-certificate/index.html>), and the Graduate Program in Psychology (<http://psych.unm.edu/graduate/index.html>).

### *Transferring to Eastern New Mexico University*

Eastern New Mexico University (<http://www.enmu.edu>) offers a fully online degree programs. Contact Melissa Chacon (Transfer Specialist, [Melissa.Ridge@enmu.edu](mailto:Melissa.Ridge@enmu.edu), 575-562-2856) for more information.

### *Transferring to Western New Mexico University*

Western New Mexico University (<http://behavioral.wnmu.edu/psy/>) offers a fully online degree programs. Contact Margaret Medina ([Margaret.Medina@wnmu.edu](mailto:Margaret.Medina@wnmu.edu), 575-538-6140) or WNMU’s Psychology transfer page for more information.

### *Transferring to New Mexico Highlands University*

NMHU-Rio Rancho offers a BA in Psychology. Contact Laura LaCour-Johnson ([lajohnson@nmhu.edu](mailto:lajohnson@nmhu.edu), 505-891-6915) for more information.

## Survival Guide to Student Barriers – by Ruby Encinias

Sometimes, non-academic circumstances may become obstacles to your academic success. Here is a list of resources in such cases.

*General Contact: “I don’t know where to begin.”*

- *CNM Community Resources* (<https://www.cnm.edu/cnm-community/community-resources>) provide you with useful information.
- *Achievement Coach Ruby Encinias* ([rubye@cnm.edu](mailto:rubye@cnm.edu), 505-224-3588).

*Textbook Issues: “I can’t afford the book or the computer code for this class.”*

- Check CNM Library for reference copies of the class book.
- Read textbooks from OpenStax (<http://openstaxcollege.org>) until you purchase your book.
- Try buying or renting from other textbook sellers or buy used from students.
- Apply for the CNM Textbook scholarship at least 3 weeks before the beginning of the term.

*Child Care Issues: “I am having trouble finding or affording child care.”*

- *Child Care Access Means Parents In School* ([ccampis@unm.edu](mailto:ccampis@unm.edu), 505-277-2132) offers evening childcare at the UNM Children’s Campus for CNM students who are financial aid and/or Pell Grant-qualified. Free or very low cost. Pre-registration is required.
- *NM Kids* (505-277-7900) is a childcare referral hotline.
- *Children, Youth and Families Department* (505-841-4800) assists eligible families.
- *Tres Manos* (apply at CNM Financial Aid Office) provides daycare for children ages 3-5.
- *CNM General Scholarship* (<https://www.cnm.edu/depts/financial-aid/scholarships>) includes the daycare scholarship.

*Financial Emergencies: “I have a financial crisis and I don’t know what to do.”*

- *The RUST Scholarship* (<https://www.cnm.edu/depts/financial-aid/scholarships>) may be an optional resource if you experience an unforeseen financial situation. Review the website and contact our Achievement Coach for more information.
- *CNM Community Resources* (<https://www.cnm.edu/cnm-community/community-resources>) might help with other issues.

*Personal/Emotional Crisis: “I’m a failure. It’s all my fault. Nothing good ever happens to me.”*

- *New Mexico Mental Health Crisis Line* (1-855-662-7474)
- *Agora Crisis Line* (505-277-7855 or 866-435-7166)
- *CNM Community Resources* (<https://www.cnm.edu/cnm-community/community-resources>)

*Transportation Issues: “I can’t find parking or transportation.”*

- *Parking Map* (<https://www.cnm.edu/depts/parking/campus-parking-maps>) shows easiest places to park in dark gray.
- *Free Bus pass* can be obtained at CNM Student Activities offices by bring CNM student ID and class schedule.
- *Free bike and helmet* could be obtained at Esperanza Community Bike Shop (505-224-6668, 5600 Esperanza NW) by taking two bike safety classes.

## List of Psychology Faculty Advisors

For more information about your AA in Psychology requirements or transfer, you can contact our School Advisor Erin Radcliffe (eradcliffe2@cnm.edu, 505-224-3588). For more information about addressing non-academic circumstances to achieve academic success, you can contact our Achievement Coach Ruby Encinias (rubye@cnm.edu, 505-224-3588). For specific questions about Psychology outside of the classroom, you can contact the following Faculty Advisors.

**Dr. Demitrakis a.k.a. Dr. D. (kdemi@cnm.edu):** “Psychology is a great field! Please contact me if you have questions about how to earn an Associate's Degree in Psychology at CNM, classes at the Montoya campus and online course options, and specific academic advisement questions relevant to our courses and degree.”

**Marjo Garlach, M.S. (MGarlach@cnm.edu):** “One of the great things about a degree in Psychology is that you can groom your degree to fit your personal interests. Whether you are interested in pursuing a graduate level degree or would like to pursue a career path with a Bachelor or Associate’s degree, the field of Psychology can support your goals. I’m happy to talk with you about the Psychology program at CNM and how our degree program may support your goals.”

**Scott D. Griffin, M.S. (scoot@cnm.edu):** “Hi. I’m Scott D. Griffin and prefer to be called Scott. Psychology is definitely the most interesting degree/major offered at CNM, and I’ve cherished teaching it for the last 25 years (20 years at CNM). If you live near or are/will be taking classes at the West Side campus of CNM (CNM-WS), please contact me to set up a meeting at CNM-WS or converse with me by e-mail. I can answer almost all questions and advise about: earning an Associate's Degree in Psychology at CNM, Psychology classes at the West Side campus of CNM, online courses, and academic planning questions related to Psychology courses and a Psychology major/degree at CNM.”

**Tera S. Jones, Ph.D. (tmikula@cnm.edu):** “Hi there! My name is Dr. Jones and I would love to talk with you about possible careers as a counselor, psychologist, or other helping professional. I am a licensed Psychologist in both Maryland and New Mexico and maintained a private practice in Maryland for over 7 years before moving here to lovely Albuquerque and joining CNM. I also have been faculty for over 10 years now, so I am available to answer questions about both academic and professional paths in psychology.”

**Kristin L. Roush, Ph.D. (KrisRoush@cnm.edu):** “My name is Kristin L. Roush, Ph.D.; you can call me Kris. I would be happy to talk with you about a possible career as a counselor or as a Counseling Psychologist. I was a Licensed Psychologist in New Mexico for over 10 years in my private practice. My Ph.D. was from NMSU and my doctoral internship was at Iowa State University. Let me know if I can answer any questions about this amazing career opportunity.”

**Asa B. Stone, Ph.D. (astone10@cnm.edu):** “Hello, everyone! My name is Asa Stone, and I occasionally work as an independent researcher focused on issues like climate change, water resources management, and social resilience. If you are interested in exploring roles of psychology in interdisciplinary research, let’s talk!”

## List of Psychology Courses at CNM

**PSY 1105 - Introduction to Psychology:** This course provides an overview of the fascinating field of Psychology. The faculty has selected seven required chapters and two individually selected chapters to cover from the textbook. Those seven topics are Research Methods, Neuroscience, Learning, Memory, Social Psychology, Psychological Disorders, and Psychotherapy. An understanding of learning and memory can increase your cognitive functioning and improve performance in every aspect of life. Common psychological disorders and different approaches to psychotherapy are covered. Finally, the field of social Psychology addresses the importance of situational factors that affect behavior as well as the power of influence and persuasion (Pre/Co-Requisite: IRW 0980 or CSE 1101).

**PSY 2200 - Statistical Principles:** This course introduces basic statistical principles for the description and interpretation of psychological data. Topics include frequency distributions, graphing, measures of central tendency, variability, regression, correlation, hypothesis testing, estimation, and one-way analysis of variance. The student who successfully completes this course will be able to a) produce and interpret descriptions of data sets using tables, graphs, measures of central tendency, and measures of variability; b) test hypotheses involving one or more treatment conditions by computing the appropriate test statistic and determining the significance of the results, and c) compute and interpret the linear relationship between two variables with the techniques of correlation and regression. Statistical skills are important for understanding and carrying out Psychological research (Prerequisite: MATH 1210, PSY 1105, and one 2000-level degree elective Psychology course).

**PSY 2220 - Developmental Psychology:** The goal of this course is to introduce students to psychological principles, practices, theories and findings as they apply to human development (physical, cognitive, social and emotional) throughout the lifespan. Upon successful completion of this course, a student will be able to: a) Discuss developmental or behavioral phenomena from biological, psychological and social perspectives, b) Describe the basic tenets of the major theories, c) List the implications of the theories for the sequence, speed, and direction of development, d) Compare the arguments about the causes and cures of current issues – such as parenting styles, education, child abuse, youth gangs and violence, substance abuse, cultural, family and other influences upon our values and behaviors, sexual activity, marriage/divorce, and aging/death - from the perspectives of the various theories, e) Describe the strengths and weaknesses of the commonly used research methods, f) Discuss one's own or another's development in light of applicable theory (Prerequisite: PSY 1105).

**PSY 2231 - Human Sexuality:** This course is designed to provide an overview of humans as sexual being. We explore topics including sexual anatomy, physiological sexual responses, intimacy, sexual communication, contraception, sexual behaviors, sexual problems, sexually transmitted infections, gender, sexual orientation, sexual development, sexual violence, paraphilias, and the sexual market place. Upon completion of this course, you will be able to a) describe historical perspectives of sexuality, b) describe human sexual anatomy/physiology and human reproduction, c) describe the psychosocial, behavioral, and clinical perspectives of human sexuality, and d) examine practical issues regarding human sexuality (Pre/Co-Requisite: IRW 0980 or CSE 1101).

**PSY 2232 - Clinical Psychology:** This course examines the work of clinical psychologists - their training, their schedule, conflicts, professional activities and their contributions to their patients and to the greater field of Psychology. We examine ethical considerations, interviewing techniques, the history of the field as well as where the field may be going in the future. We cover the activities of the forensic clinical psychologist, school psychologist, and the clinical work involved in doing individual, couples and family therapy. We look in detail at two of the clinicians' main areas of activity - assessment (or testing) and therapy. We cover in some detail major testing activities such as IQ testing, the MMPI, projective drawings, story telling tests, brief neuropsychology exams, and the Rorschach. We also explore the world of therapy including classic as well as current cognitive and behavioral approaches, classic psychoanalytic techniques, Rogerian and other humanistic approaches. We examine the personality variables that make a good therapist. We also cover some of our most important psychological disorders and their treatment. This class is particularly helpful for anyone considering becoming a clinical psychologist, social worker or related professional (Prerequisite: PSY 1105).

**PSY 2233 - Psychology and Film:** In this course, Images of Madness, students will learn about the changing perceptions of mental illness by screening popular films and documentaries. Readings and lectures on psychiatric disorders will be linked to films that offer students a unique opportunity to see realistic manifestations of "madness." An appreciation for the cinema's ability to not only reflect but also affect our perceptions of abnormal behavior and treatment will be stressed (Pre/Co-Requisite: IRW 0980 or CSE 1101).

**PSY 2240 - Brain and Behavior:** This course introduces students to the relationship between brain systems or neural mechanisms and behavioral and cognitive functions. The course begins with providing students with a strong foundation in neuronal functioning and processes. It then builds to cover how the brain processes a wide range of human behavior and thinking including: sensory information, emotional responses, learning, memory, and cognitive functions, attention, wakefulness, and sleep. The course also introduces the neural basis of a variety of neuropsychological disorders mental illness including addiction and depression. The student who successfully completes this course will be able to: 1. Identify the major structures and functions of the nervous system; 2. Describe their relationships to behavior and mental processes; 3. Identify concepts, theories, research methods, and findings important to the study of brain and behavior (Prerequisite: PSY 1105 or BIO 1410/BIO 1492).

**PSY 2260 - Psychology of Learning and Memory:** You will examine this question throughout the term. This course introduces study of learning in the laboratory, ranging from simple processes such as conditioning to complex ones such as transfer, memory and concept formulation. This course is designed to provide an overview of how information is acquired, stored, and retrieved. We will cover some of the basic assumptions underlying research on learning and memory, introduce distinctions between behavioral and cognitive approaches, cover principles of classical and operant conditioning, associative and cognitive processes of reinforcement, principles of memory processes including working memory, long-term memory, retrieval of information from memory and the role of concepts in learning and memory. The student who successfully completes this course will be able to a) summarize the theories, research methods, procedures, and findings pertaining to classical conditioning, operant conditioning and observational learning, b) summarize the theories, research methods, procedures, and findings relevant to human memory, and c) analyze everyday situations in terms of the above concepts (Prerequisite: PSY 1105).

**PSY 2265 - Cognitive Psychology:** Did you know that cognition is involved in almost everything we do? This course is designed to introduce you to the study and application of the mind and mental processes which is challenging, interesting, and fun. The topics we will survey include attention and consciousness; perception; concepts, categories and knowledge representation; language; judgment, heuristics and biases; problem solving, expertise and creativity; and memory. The student who successfully completes this course will be able to: a) identify or summarize the major concepts, theories, models, perspectives, approaches, traditions and research findings related to cognitive Psychology; b) interpret basic empirical evidence and research methods in Psychology; c) apply critical and creative thinking, including the scientific method, to address issues related to behavior and mental processes; and d) analyze situations and solve problems, including personal and social issues encountered in everyday life using concepts listed above (Prerequisite: PSY 1105).

**PSY2271 - Social Psychology:** Emphasis is placed on describing social psychological concepts and applying these principles to explain human behavior. Students will: a) recognize the ways in which behavior is altered by the social context within which it occurs, b) describe how we think about the social world, other people, and ourselves, c) describe factors involved in attitude change, including cognitive dissonance, d) recognize how susceptible people are to the influence of groups and describe factors that affect conformity and obedience to authority, e) recognize important aspects of leadership and group dynamics, f) describe theories of interpersonal attraction, g) identify various factors related to prosocial behavior and to aggression, h) identify various causes and manifestations of discrimination and prejudice, and i) describe applications of social Psychology to health, the environment, and the legal system (Prerequisite: PSY 1105).

**PSY 2280 - Health Psychology:** The purpose of this course is to help students develop an understanding of cognitive, emotional, behavioral, social and biological influences on health. The course will address four general subject areas: i) research methods in Health Psychology, and the role of Psychology in healthcare and wellness; ii) Understanding the relationship between stress, disease, and pain, and ways to cope with them; iii) psychological implications of chronic illness (e.g., heart disease, cancer); and iv) psychological factors associated with lifestyles that contribute to, or deter from, health and wellness. At the end of this course successful students will be able to: a) describe psychological factors associated with the prevention and treatment of illness and the promotion and maintenance of health, b) Analyze psychological aspects of health-related controversies, and c) use of research findings to understand and evaluate issues in Health Psychology (Prerequisite: PSY 1105).

**PSY 2289 - Death and Dying:** This class is designed to provide the student with a greater understanding of the Psychology of the death and dying process, as well as our collective relationship with death, both as an individual and as a member of society. Topics related to the death industry are also explored, including visits to a mortuary and a memorial park, expenses involved in planning, options available, etc. Funeral customs and rituals are explored in several cultures, and topics such as euthanasia, assisted death, death in the world of childhood, the psychological components of bereavement, grief and mourning, violent death (genocide, murder, terrorism, disasters, suicide and accidental death) are also covered. Myths related to death and dying are also explored, as is death as an agent of personal and social change (Pre/Co-Requisite: IRW 0980 or CSE 1101).

## Interviews with Psychology Faculty

We are all Psychology instructors at CNM today, but some of us pursued different careers in Psychology in the past. Here is a collection of how we found careers that we pursued.

*Q: "What other careers did you have, and how did you find them?"*

- "My post college career began as a mental health patient rights advocate with an innovative program at a law school (working with law and mental health, protecting the rights of individuals who had been committed to hospitals as well as those who entered voluntarily, etc.). Then as a Case Manager for the Division of Vocational Rehabilitation assisting people with mental illness, and as a Case Manager for UNM doing the same thing for people with developmental disabilities...also as an independent contractor with the State of New Mexico doing training for mental health providers and law enforcement..."
- "I was an officer in the Air Force after undergraduate schooling and I found the job through a recruiter at my university. I was in the Air Force for a total of 6 years and when I left (to pursue a graduate degree) I was a Captain."
- "I was a researcher at a state research institute before becoming an instructor at CNM. I found the position through my postdoctoral fellowship and through networking with other researchers. Many research projects are interdisciplinary, and social scientists with basic backgrounds in physical and/or natural sciences are desirable in many research settings."
- "Honestly, I thought I was going to be a PE teacher. While I worked as an undergraduate Resident Assistant (RA) in the residence halls at the University of Northern Colorado, I met a Psychologist who was hired by the Housing department to work with residence life students and to help train RAs. I knew immediately that this was what I wanted to do. I began my 11-year goal to become a Counseling Psychologist and to work in Residence Life. Along the way, I learned that UNC was one of only a few schools that hired for such a position, so I then planned to work at a university counseling center. I got my M.Ed. in College Student Personnel Administration at Colorado State University, with a plan to then get my Ph.D. in Counseling Psychology. At NMSU, I fell in love with the desert southwest, and decided I would live in Albuquerque. Working at UNM, I learned that they had no student development savvy at all, so I pursued my Plan B: private practice. On a lark, I taught a class at then TVI, and fell in love with teaching. That was 19 years ago. I still have a small private practice, but my heart belongs to teaching."
- "I worked as a licensed mental health counselor for adolescents at a treatment facility; I did group, individual, and family therapy. This job was very demanding; it was fast paced and required me to be able to multi-task. It involved a lot of crisis intervention. The job was also very rewarding, especially when I witnessed families coming back together to work out their issues. I worked as a Substance Abuse Counselor with court mandated clients; I facilitated group therapy, group education, and individual therapy. This job was more laid back in the sense that I was working with adults and didn't have as much crisis intervention. It was sometimes difficult to earn my clients' trust because they were ordered by the law to attend counseling. In contrast, it was very rewarding when clients would realize the poor choices they had been making and wanted to make changes in their lives."

*Q: “Is there anything you wish you had been told as an undergraduate student?”*

- “Oftentimes jobs are not published in the paper and, as much as I hate the word, networking through contacts and volunteer activities, contacts made at conferences, etc.”
- “It is helpful to get away from academia after undergraduate schooling and before graduate school. (A lot of people told me when I joined the Air Force that I would ‘never go back to school’ but I now have two Master of Science degrees and I am pursuing an MD... I think it is all about perseverance!) I think it is helpful to get out of academia and see more of the world; travel, work, volunteer, do something different.”
- “It’s helpful to review a job description of your desired career to learn what knowledge and skills you will need periodically.”
- “Don't make your career decisions based on where the jobs are. Make your decisions based on where your heart is.”
- “I was told this and it helped me a ton: Make sure you're not only getting good grades but that you are involved in programs and activities at school. A prospective place of employment/college not only wants to know that you can get the grade, they want to know that you will be a positive addition to their community, overall. Be sure to create an entire support network for yourself. You should have at least three resources/people who know you and whom you can turn to when you need direction in academics. In addition, make sure at least two of those people can provide a professional reference for you when you apply to a job/academic program.”

## **List of Possible Careers with a Bachelor Degree in Psychology**

These are some examples of possible careers if you transfer to a four-year college and earn a Bachelor degree in Psychology.

*Mental Health/Social Services Area: A minor in Family and Child Studies, Justice Studies, Health and Aging Studies, or Sociology would be helpful*

- Behavior Analyst
- Director of Volunteer Services
- Probation/Parole Officer
- Case Worker
- Drug/Substance Abuse Counselor
- Program Manager
- Child Protection Worker
- Employment Counselor
- Rehabilitation Advisor
- Corrections Officer
- Family Service Worker
- Residential Youth Counselor
- Counselor Aide
- Group Home Coordinator
- Social Service Director
- Day Care Center Supervisor
- Mental Retardation Unit Manager
- Veterans' Advisor

*Other Positions: Other minors including Liberal Arts may be helpful.*

- Affirmative Action Officer
- Community Relations Officer
- Hospital Patient Service Representative
- Child Care Worker
- Congressional Aide
- Newspaper Reporter
- College Admissions Counselor
- Director of Alumni Relations
- Park and Recreation Director
- College Admissions Recruiter
- Director of Fund Raising
- Statistical Assistant
- Community Recreation Worker
- Technical Writer

## List of Web Resources for Employment Opportunities

The following web resources may be helpful for you to identify employment opportunities. You are encouraged to take advantage of the CNM Job Connection Services

<https://www.cnm.edu/depts/advisement/job-connection>.

### *Governmental Organizations*

- City of Albuquerque: <https://www.governmentjobs.com/careers/cabq>
- USA Jobs: <https://www.usajobs.gov>
- New Mexico Workforce Solutions Job Site: <https://www.jobs.state.nm.us/jobbanks>

### *Non-Profit Organizations*

- Idealist: <http://www.idealist.org>
- The Center for Nonprofit Excellence: <http://www.centerfornonprofitexcellence.org>

### *Higher Educations*

- CNM Jobs: <https://www.cnm.edu/depts/hr/apply-for-jobs>
- UNM Jobs: <https://unmjobs.unm.edu>
- Higher Ed Jobs: <https://www.higheredjobs.com>

### *Volunteer Opportunities*

- The Rape Crisis Center of Central New Mexico: <http://rapecrisiscnm.org/get-involved/volunteer/>
- City of Albuquerque: <https://ec.volunteernow.com/custom/1503/index.php>
- Ronald McDonald House Charities of NM: <http://www.rmhc-nm.org/get-involved/volunteer/>
- Meals on Wheels of Albuquerque: <http://mow-nm.org/how-you-can-help/volunteer-opportunities/individual-volunteers/>
- Big Brothers Big Sisters of Central New Mexico: [http://www.bbbs-cnm.org/site/c.buITJdNXKmL4G/b.6343575/k.E198/Volunteer\\_to\\_start\\_something.htm](http://www.bbbs-cnm.org/site/c.buITJdNXKmL4G/b.6343575/k.E198/Volunteer_to_start_something.htm)
- Roadrunner Food Bank of New Mexico: <http://www.rrfb.org/take-action/volunteer/>
- Watermelon Mountain Ranch: <http://www.wmranch.org/how-to-volunteer/ways-to-help>
- New Mexico Volunteer Connection: <http://www.centerfornonprofitexcellence.org/volunteer-connection/search>
- Volunteer Match: <http://www.volunteermatch.org>

## List of Web Resources for Psychology

The following web resources may be helpful for you to learn more about Psychology and provide you with further opportunities.

### *CNM Information*

- Information about the AA in Psychology at CNM:  
[http://catalog.cnm.edu/preview\\_program.php?catoid=27&poid=6263&hl=psychology&returnto=search](http://catalog.cnm.edu/preview_program.php?catoid=27&poid=6263&hl=psychology&returnto=search)

### *Psychological Associations and Networks*

- American Psychological Association:  
<http://www.apa.org>
- Association for Psychological Science:  
<http://www.psychologicalscience.org>
- National Latina/o Psychological Association:  
<http://www.nlpa.ws>
- Southwestern Psychological Association:  
<http://www.swpsych.org>
- Western Psychological Association:  
<http://westernpsych.org>

### *Psychology News*

- Psychology News on Science Daily:  
[http://www.sciencedaily.com/news/mind\\_brain/psychology/](http://www.sciencedaily.com/news/mind_brain/psychology/)
- Psychology Today:  
<http://www.Psychologytoday.com>
- PsycPORT – Psychology Newswire:  
<http://www.apa.org/news/psycport/>

### *Psychology for Everyone*

- Clash Course Psychology:  
<https://thecrashcourse.com/courses/psychology>