

# Introduction to Psychology

Why? Who?  
What? Where?



## Why Psychology?

Psychology is the scientific study of the human mind and its behaviour. It is a very interesting subject as you get to learn about how our mind functions. Psychology helps us understand individual personality types as well. The demand for psychologists is global as they are required in every field.

## Who should be a Psychologist?

Any student who:

- Likes studying different behaviours
- Likes working with people
- Is interested in research
- Is good in statistics

## Specialisations within Psychology:

- Clinical psychology
- Counselling psychology
- Occupational psychology
- Health psychology
- Sports psychology
- Educational psychology
- Social psychology

## Career in Psychology:

The increasing demand for psychological services in hospitals, schools, social service agencies, mental health centers, substance abuse treatment clinics and private companies is expected to drive the need for more trained psychologists both within and outside India.

## Best colleges for Psychology in:

### India

- Christ College-Bengaluru
- Banaras Hindu University-Varanasi
- Loyola Academy-Hyderabad

### USA

- Stanford University
- Yale University
- University of Pennsylvania

### UK

- University of Cambridge
- University of Oxford
- University College London

### Singapore

- Kaplan Higher Education Academy
- East Asia Institute of Management

### Canada

- Dalhousie University
- McMaster University
- Queen's University



**Did you know?** Your brain is more active at night than during the day.

HAPPY  
Discovering

What are the prospects after studying this subject? Does it open up international opportunities?

Answer these and other such questions by reading and watching expert views at [www.university.com/courses](http://www.university.com/courses)

**U**niversity   
Discover & be discovered

# Discover the Career Options Right for You

## 1 Initial Options



### What are your career ideas?

If you haven't already given it a thought, then base it on influences from:

- Parents, family and friends
- Passion towards a subject
- Personal experiences
- Media and internet

Univariety probes and provides answers

### Initial Options

Go to step 2

### Instructions

- Follow this process, one at a time, to finalise career choices
- If the answer is 'No' 'at any stage then start from stage 1
- Do in-depth self research
- Complete details of this process and the questions around a 'Typical Day' Test are at [www.univariety.com/courses](http://www.univariety.com/courses)

## 2 Hypothesis



### Do you like it?

Remember the activities from the past which gave you joy and happiness. Does this career option similarly excite you?

### Initial Hypothesis



### Can you do it?

- Do you know how long it takes to get the degree?
- Do you like the subjects which you will study?
- Can you perform to get through to good colleges?
- Do you have the financial resources to support the degree?

### Final Hypothesis

Go to step 3

## 3 Validation



### Do you want it?

Do you like the:

- Nature of work you will do?
- Type of people you will deal with?
- Physical and mental effort required?
- The challenge it poses?



### Will it fulfill your and your family's ambitions?

Will this give you a good:

- Lifestyle?
- Time with family and friends?
- Salary and money potential?
- Possibility of being famous?

### Validated Hypothesis

Go to step 4

## 4 Finalisation



### 'Typical Day' Test?

*"If you want to know the road ahead, then ask someone who has travelled it."*

- Ancient Chinese Proverb

Here, we ask you to identify 2 - 3 people who have the same career that you have chosen and brought to this stage. Observe and ask questions to understand the 'typical life' in that career



## Decision

### Tools

- Discussion within the family and friends
- Univariety Website – Career Section
- Sessions with Univariety Counsellors
- Internet, books and other media