

Psychology as a Career option

Coming to your query of Psychology as a Career option. Psychology is the study of human behavior and mental processes. Psychologists study a person's reactions, emotions, and behavior, and apply their understanding of that behavior to treat the associated behavioral problems. Treatment is focused on therapy and counseling, rather than prescribing medications for a "quick fix." Psychologists are, therefore, responsible for identifying psychological, emotional, and/or behavioral issues, as well as diagnosing any specific disorders, by using information gleaned from patient interviews, patient's tests and records, and medical reference materials. After completion of graduation you can Specialization at the **postgraduate** level, where one can get an M.A. or M.Sc. in either Psychology, Social Work, or Counseling. Further specialization at the **doctoral** level is available as well via PhD or M.Phil

Job Prospects for a Psychologist Aspirants who have successfully completed their training in psychology can make their mark and pursue a **career as a psychologist** in the following lucrative branches of psychology.

Clinical Psychology

Clinical psychologists assess and treat people with psychological problems. They may act as therapists for people who are experiencing normal psychological crises (e.g., grief) or for individuals suffering from chronic psychiatric disorders. Some clinical psychologists are generalists who work with a wide variety of populations, while others work with specific groups such as children, the elderly, or those with specific disorders

Counseling Psychology

Counseling psychologists do many of the same things that clinical psychologists do. However, counseling psychologists tend to focus more on persons with adjustment problems rather than on persons suffering from severe psychological disorders. They may be trained in psychology departments or in education departments. Counseling psychologists are employed in academic settings, college counseling centers, community mental health centers.

Health Psychology

Health psychologists are concerned with psychology's contributions to the promotion and maintenance of good health and the prevention and treatment of illness. They may design and conduct programs to help individuals stop smoking, lose weight, shed alcoholism, manage stress, and stay physically fit. They are employed in hospitals, medical schools, rehabilitation centers, public health agencies, academic settings, and private practice.

Teaching and Research

If you're interested in teaching undergraduate, master's-level, or doctoral-level students, you will probably work in a university setting, where you will probably also do research. If an individual is not interested in teaching and wants to focus on research, he/she can work for government agencies (for example, the Center for Disease Control) or for private research organizations. To **work as a psychologist** in these settings, one would need a Ph.D. in psychology.

Industrial/Organizational Psychology

I/O psychologists (as they are usually called) are concerned with the relationships between people and their work environments. They may develop new ways to increase workplace productivity or be involved in personnel selection. They are employed in business, government agencies, factories, industrial set-ups, corporate houses, and academic establishments.

Sports Psychology

Sports psychologists are concerned with the psychological factors that improve athletic performance. They also look at the effects of exercise and physical activity on psychological adjustment and health. Sports psychologists typically work in academic settings and/or as consultants for sports teams.

[Jain University, Bangalore](#) & Amity School of Physical Education & Sports Sciences offers a Postgraduate Diploma in Sports Psychology

Agency/Community Counseling

Hospitality as a Career option

Hospitality industry is so diverse that everyone has something in store. Graduates join as trainees under the positions they apply for. While most graduates usually start work in five star hotels or otherwise, a substantial number find themselves working in restaurant management, cruise ship hotel management, institutional and industrial catering, club or bar management, airline catering and cabin services.

After completing the course of hospitality and tourism management, you will find a wide and plethora of career opportunities in the following fields-

Event Planning
Airlines and Cruises
Sports Management and Recreation
Hotels and Resorts
Spa Management
Tourism Destinations and Attractions
Other Transportation
Restaurants
Commercial Food Service
Environmentally Sustainable
Cultural Tourism Development

Jobs

Apart from hotels, hospitality graduates are also employed in

- Retail industry
- Theme parks, casinos, and spas
- Coffee chains, pubs, bars and multiplexes.
- Hotel and Restaurant management.
- Cruise Ship Hotel management.
- Hospital Administration and Catering.
- Hotel and Tourism Associations.
- Airline Catering and Cabin Services.
- Club management.
- Forest Lodges.

- Guest Houses, etc.
- BPO and KPOs: This can be termed as a lateral employment. A lot of BPO and KPOs hire hotel management graduates as they have excellent customer skills and are well versed in customer relations

Sociology as a career option

Eligibility

In order to pursue a profession in Sociology you can pursue B.A. at UG level and then later on M.A. at PG level in Sociology or its related field, which is offered by most of the universities and colleges.

In order to pursue a **Bachelor's course** (B.A.) in Sociology or its related fields, you need to have completed 10+2 in preferable social sciences. The course lasts for **three years**.

Although completing your **Master's course** for this field is important as most managements and institutions would require a Master's degree which would take **two years**. Some employees also want a Ph.D.

Some Courses available in India for pursuing Sociology in India:

- B.A. Sociology
- M.A. Sociology
- M.Phil Sociology
- Ph.D Sociology

Job Prospects

Sociology as a career is not only a very enticing career but also many options. The career is diverse in terms of the specializations that one can choose from. Once you have completed your education there will be quite some opportunities. *Research institutes, the criminal justice system, public health and welfare organizations, private businesses, law firms, international agencies, medical centers, educational institutions, advertising firms, survey and polling organizations* are only some of the example where people from this background are required. There are options of working in other sectors with area specialists to help function. People like economists, political scientists, anthropologists, psychologists and social workers also require the assistance to make the right choices in their field.