Psychology

Middlebury College
Center for Careers and Internships

About the major

It is a fact of life that people want to understand one another and that we are curious about human behavior.

What causes people to be assertive or passive? Why can't this child learn to read? What makes a mob dangerous? Why is he afraid of heights and she afraid to leave the house? Why don't people make rational decisions? How does memory work or fail to work? Psychology attempts to find objective answers to these and other questions about human behavior through the scientific study of emotions, behavior, and mental processes.

In our department, students explore psychology from social, cognitive, behavioral, cultural, clinical, biological, developmental, and applied perspectives. They learn to apply methodologies to identify and evaluate factors that control or influence human and nonhuman behavior. They become comfortable working with data—an important component in psychology—because figures, results, and statistics form the basis for our theories and explanations about behavior.

Consistent with our emphasis on the scientific approach, majors and joint majors are strongly encouraged to participate in directed and independent research projects.

> " While psychology is the foundation of my role—the skills I gained cross-departmentally, including economics, political science, environmental students, and literature, are invaluable for my current role."
>
> —Nathaan Demers '08
> *Vice President & Director of Clinical Programs, Grit Digital Health*

Reasons you might choose this major

- You are curious about the human condition and you want to understand what motivates people (and other living organisms) to do the things they do.
- You are interested in such topics as human development, social interaction, mental health, learning, cognition, emotion, attitudes, and behavior.
- You want to know more about yourself and others and how to use psychological science in the service of these goals.
- You are intellectually curious, willing to ask discerning questions, interested in helping others, and want to be able to confidently apply psychological theory, research methods, and data analyses across a range of situations and problems.
- Your potential careers might include education, therapy, counseling, nonprofit work, social services, law, human resources, medicine, biomedical research, business, or any other fields in which a psychological lens is both beneficial and increasingly necessary.

Translating Learning into Professional Competencies

Throughout your time at Middlebury, you will develop and enhance the following core professional competencies, skills, and dispositions highly valued by employers that will prepare you for leadership and success in any given field:

Critical Thinking: Exercise sound reasoning to analyze issues, make decisions, and overcome problems.

Oral/Written Communications: Articulate thoughts and ideas clearly and effectively in written and oral forms.

Teamwork/Collaboration: Build collaborative relationships with colleagues and customers from diverse backgrounds.

Leadership: Leverage the strengths of others to achieve common goals, and use interpersonal skills to coach and develop others.

Professionalism/Work Ethic: Demonstrate personal accountability and effective work habits.

Global/Intercultural Fluency: Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations, and religions.

Digital Technology: Leverage existing digital technologies ethically and efficiently to solve problems, complete tasks, and accomplish goals.

Career Management: Identify and articulate one's skills, strengths, knowledge, and experiences relevant to career goals, and identify areas necessary for professional development.

Where psychology majors go

Applying your learning through internships . . .

Students pursue internships and research in a variety of fields, enabling them to apply their liberal arts learning in real-world settings. Internships, research, and self-directed projects enrich your academic experience and help prepare you for life after Middlebury. Students have interned or done research at the following:

Drexel University Autism Institute

Massachusetts General Hospital Center for Women's Mental Health

Addictest

Kaiser Associates

Strongwater Farm Therapeutic Equestrian Center

Essex County Mental Health Services

McLean Hospital

Development Testing Services

The Very Black Project

Focus Advisory Services

Biobehavioral Psychology Department of

the University of Vermont

National Alliance on Mental Illness

The Family Institute at Northwestern

Beijing Normal University Children Sex Health and Education Center

LGBT Bar Association of Greater New York

Developing Minds Lab at Boston University

Fringe Festival

Cross-Cultural Solutions

SmartBrief

Yale Center for Emotional Intelligence

Goldman Sachs

. . . leading to meaningful, dynamic, and engaging career paths.

See just some of the many interesting ways our graduates have applied their liberal arts learning to engage the world. If you want to see what other Middlebury alumni are doing now, log into Midd2Midd and search by major. **go/midd2midd**

Sentient Decision Science, *Founder and Chief Behavioral Scientist*

McLean Hospital, *Clinical Psychologist*

Johnson & Johnson, *Director, Health Economics & Outcomes Research*

Houghton Mifflin Harcourt, S*enior Corporate Counsel*

Grit Digital Health, *Vice President and Director of Clinical Programs*

Alexion Pharmaceuticals, *Senior Director, Corporate Communications*

The Love and Trauma Center, *Psychotherapist*

Long Pond Pediatrics, *Pediatrician*

Citibank, *Vice President, Human Resources*

Center for Resilient Leadership, *Founder*

Perpetual Capital Partners, P*resident and Chief Investment Officer*

EXPERIENTIALISM, Inc., *Experiential Creative Director*

National Center for Child Traumatic Stress, *Director, Service Systems Program*

U.S. Department of Commerce (DOC), *Senior International Trade Specialist*

Cancer Treatment Services International L.P., *COO, Cofounder and Director*

City of Philadelphia, *Senior Engagement Manager*

KEEN Footwear, *Global Marketing Director*

Newt Studios—Medical Animation, *Cofounder and Creative Director*

Elsevier, Center for Evidence-Based Medicine, *Senior Director, EBM Training and Education*

Youtube, *User Experience Researcher*

Lexia Learning, *Instructional Materials Specialist*

Center for the Study of Social Policy, *Policy Analyst*