



WHAT'S YOUR MAJOR?



NAME: Meredith

MAJOR: Psychology with a minor in Spanish

CLASSIFICATION: Junior

TELL THE STORY OF HOW YOU FOUND THIS MAJOR:

High school was a time of exploration for me. I have a large heart and care a lot. I liked the dissection of the people, how people could overcome problems, and how people could help others in overcoming their problems. I decided on psychology rather than social work. Then, I could take the four or so years of college to figure out more specifically what I want to do: to work with clinical cases or to counsel everyday people with everyday problems. As a junior in the Psychology department, I have been exploring my future career options a lot. I find it interesting how flexible my options become after graduate school: If I get a masters and decide to counsel, I can build my own schedule in a private practice or work with others in an office or work in schools with children. Even more doors open if I decide to become a Psychologist: I can read and write research, work on a campus as a professor, or I could have management positions and see some clients one-on-one to give professional assessments.

WHAT TIPS DO YOU HAVE FOR FIRST-YEAR STUDENTS:

Don't be afraid to talk to people. Most people are nice and will try to help you if you can't. We're the adults now. If we have a problem, we now have the self-authority to figure out a solution (even if that means calling 5 phone numbers and get transferred several times). The things that are worth it are often the most difficult. Don't forget about any of the resources on campus either! There's even cool groups like Crochet groups and such were you can learn a new craft or talk about your challenges in a calm setting.

