

FOUR-YEAR CAREER MAP

Psychology NeuroScience

Freshman

FALL

Career Milestone	Done
Access Handshake QC * for career opportunities (events, internships, jobs, resources, etc.)	
Attend the Career Center's Meet and Greet Orientation*	
Take a Focus 2 career assessment	
Create a Draft Resume	
Join clubs and organizations through UKnighted	
Attend Career Center workshops	

SPRING

Career Milestone	Done
Create a LinkedIn Account	
Explore career options for Psychology Majors	
Schedule an appointment on QC Navigate with an advisor (career, academic and/or faculty)*	
Volunteer in faculty-led psychology labs	
Join peer-led journal discussion groups	
Develop your career skills with NACE Competencies *	

Sophomore

FALL

Career Milestone	Done
Update your Handshake QC profile and interests*	
Develop a network of contact through LinkedIn	
Build out and formulate an effective resume	
Secure a position as a research assistant (additional)	
Identify a mentor and check in periodically	

SPRING

Career Milestone	Done
Initiate an independent research project	
Attend local, state and regional psychology conferences	
Apply for psychology-related summer internships	
Join professional organizations . Attend on campus and external career fairs, local meetings, conferences and seminar	
Attend Professional Development Workshops	

*Repeat regularly in each academic year (Years 1, 2, 3 & 4)

In conjunction with Career Milestones, refer to Academic Degree Program Maps for course planning based on the year you started at Queens College.



FOUR-YEAR CAREER MAP

Psychology NeuroScience

Junior

FALL

Career Milestone	Done
Update resume to be succinct and industry ready	
Utilize LinkedIn Learning and The Vault 's resources	
Apply for internships on Handshake QC , Spring Forward, Career Launch , CUNY Tech Prep , LifeSci NYC , etc.	
Present research at student conferences	
Assume leadership in psychology student groups	
Enroll in workshops for advanced Excel and data analysis tools	

SPRING

Career Milestone	Done
Acquire technical internship interview readiness	
Work part-time in a psychology related role	
Contribute to an undergraduate psychology journal	
Consider self guided case-studies outside the classroom	
Participate in a virtual work experience program	
Learn statistical tools like SPSS , R , Stata , Tableau , SQL ...	

Senior

FALL

Career Milestone	Done
Take advantage of events offered by Career Center to perfect job search, interviewing and employability skills	
Schedule an appointment with the career advisor	
Inform contacts you are searching for a job	
Apply, apply and apply for more jobs . Record your progress	
Complete a senior thesis or capstone project	

SPRING

Career Milestone	Done
Apply for more jobs . Record our progress and remember to follow-up on your applications	
Secure references and recommendations	
If applicable, complete graduate school application	
Connect with alumni office and join QC alumni	
Connect with alumni in LinkedIn groups	

***Repeat regularly in each academic year (Years 1, 2, 3 & 4)**

In conjunction with Career Milestones, refer to **Academic Degree Program Maps** for course planning based on the year you started at Queens College.

