

The self exploration  
paper on clinical  
psychology  
psychology essay



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I am very interested in clinical psychology. My interests, skills, values, and personality based on my Focus2 results indicate that this would be a good course for me to work towards. I am interested and skilled in working with people. I value helping others with their problems. I have a very social personality. My results also indicate that I am conscientious with my work, which would help in research opportunities in graduate school. There are many opportunities available to help me with this endeavor, including courses available through the University of Akron, faculty to consult, and professional organizations I could join that would provide opportunities to build a resume. I look forward to pursuing towards a Master's degree and an eventual Ph. D. in clinical psychology.

### Self-Exploration

In this course, I have learned about the field of psychology and areas within it that interest me. This course has made me more aware of the different concentrations within the field of psychology and what types of professions are involved in each. I took three Focus 2 tests, " Career and Educational Goals," " Work Interest Assessment," and " Leisure Interest Assessment." My career goal is to have a master's degree in Psychology, and to eventually have a PhD. I wish to work in the field of mental health to diagnose and treat mental disorders. My educational goal as I attend the University of Akron is to take courses that interest me in the field of psychology, such as child development, family issues, and abnormal psychology. I hope this will build a knowledge base to prepare me for further advanced coursework in clinical psychology.

My Work Interest Profile Summary provides average scores in using six different personality types. These personality types reflect Holland's theory of occupational choice. According to Johns Hopkins School of Medicine Office of Faculty Development (n. d.), John Holland believed that people choose a career that reflects traits similar to the ones they exhibit. These six traits are realistic (R), investigative (I), artistic (A), social (S), enterprising (E), and conventional (C) (p. 1). Realistic people enjoy hands-on activities such as building and gardening. Investigators are intellectual in conducting research, or participating in mathematical or scientific activities. Artists are imaginative and creative, enjoying activities such as writing, drawing, painting, and others. Social people enjoy group activities, solving interpersonal problems, and promoting the well-being of others. Enterprisers do well in leadership or persuasion roles, and are effective public speakers. Finally, conventional people are detail-oriented, preferring efficiency and systematic organization.

According to Career Dimensions (2011), my Work Interest profile indicates that my highest scores are Social (91. 67), Investigative (45. 83), and Conventional (37. 50). Therefore, according to the description above, I am humanistic. I prefer to work in groups, and I enjoy solving interpersonal problems. I enjoy working with others. On a lesser scale, I may enjoy conducting research or solving in-depth problems. I do not really enjoy mathematics or science, but I may enjoy experimentation with psychological issues related to clinical psychology. Finally, I am also a little conventional. I enjoy working on problems systematically. I like to work in a specific order, and am efficient with my work. However, based on these results, my highest

score is in the social personality type. The field of clinical psychology would be a good fit for me because I enjoy caring for others and meeting new people. I like to help people with their problems. My lesser investigative personality type will help me in this area because pursuing a Master's degree or a PhD requires extensive research in terms of a thesis and dissertation. The slight conventional work interest will help me in conducting this research in an organized and systematic way. It will help me focus on the details involved in this research. The occupation of counseling psychologist is included in my report, indicating that my work interest profile scores match my occupational desire to be a clinical psychologist. Mental health counselor is also on this list. Both of these occupations are in the field of clinical psychology.

My Leisure Interest Profile Summary reveals that my highest scores are in organizing (83.33), artistic (83.33), and social (79.17). Because I am an organizer, this would indicate that I enjoy working with set routines. I enjoy being detail-oriented. The artistic score indicates that I enjoy being creative and participating in activities such as writing, painting, drawing, and others. I would also be idealistic. My social score indicates that I enjoy working with others to solve problems. I enjoy working out relationships with others. I am warm and patient with others, and I try to empathize with them to understand their problems. I would have expected my social score in this report to be higher because I enjoy working with people. However, being an organizer would again help with complex research. Being artistic gives me an ideal to strive for in clinical psychology to help those around me be free of mental health problems that affects them in their daily lives. I want to help

others overcome the mental disorders they face. My social score fits with clinical psychology because this indicates my preference in helping others, and being patient and understanding.

Based on my Focus2 results, I also have strong values and skills in helping others deal with the problems they face. I want to help people live the most positive and productive life possible, and I am skilled in working with people to solve dilemmas relating to their personal life. I value combining knowledge gained from classes in order to effectively help people in living a fulfilling life.

My interests, skills, values, and personality all relate to clinical psychology because this indicates I enjoy working with people. I value interpersonal interaction and working with people on a daily basis. I am skilled with helping people overcome the problems they face mentally and emotionally. I have interests in working with other individuals in a professional occupation to help alleviate mental health problems. I have a social personality, indicating my love for helping others. I believe I would be well suited to pursue psychology as a profession, and to eventually specialize in clinical psychology.

In order to further my career and educational goal of becoming a clinical psychologist, I have to have a tentative plan to pursue. The road I have selected is long, and requires prior planning before I embark on it. My educational plan includes courses I will take to complete my psychology major, faculty I will approach as advisors and mentors on this path, and activities to help me acquire a job after I graduate college.

The University of Akron provides many undergraduate courses that could help me in my pursuit of completing my psychology major and preparing for graduate coursework in clinical psychology. The University of Akron (2013) details these courses in " Psychology Undergraduate Course Descriptions." Two courses would be especially helpful in pursuing graduate coursework in psychology because of the research involved. Quantitative methods in psychology (3750: 110) would provide the statistical background needed to conduct research in clinical psychology. Introduction to experimental psychology (3750: 220) would provide research experience for those interested in pursuing graduate coursework.

Psychology majors are required to take four classes, which form the core psychology courses. Developmental psychology (3750: 230) would help me understand the changes people face as they grow older and what disorders can affect them at different stages in development. Dynamic of personality (3750: 335) would help me understand the personality differences with people I may encounter in counseling, and this would help me better serve my patients because I could tailor treatment to the individual. Biopsychology (3750: 320) helps the student understand how people's behavior is rooted in their biology and physiology. This could help explain different ways a mental disorder could originate (biologically). Finally, psychological tests and measurements (3750: 410) would give an extensive background in the measurements used in clinical psychology to determine the disorders an individual may have.

There are also electives tailored to clinical psychology. Abnormal psychology (3750: 420) provides an overview of the mental health disorders experienced <https://assignbuster.com/the-self-exploration-paper-on-clinical-psychology-psychology-essay/>

by individuals in society. Cross-cultural psychology (3750: 435) describes how culture and society influences psychological process, including the possible development of a mental disorder. Clinical and counseling psychology I and II (3750: 441 and 445) orients individuals to the field of clinical psychology. Since the field of psychology I wish to pursue involves extensive interactions with patients, I would probably take Field experience in psychology (3750: 495) to practice some elements in clinical psychology under the supervision of a qualified professional.

Before I begin this route, I should consult an advisor who can help me make effective decisions regarding which courses to take and activities related to psychology. This advisor could prove to be a valuable asset to me as I pursue my goal of becoming a clinical psychologist. Two undergraduate advisors that I could consult are Sarah Benuska and Derek McKay. Both individuals are counseling psychology graduate students. They provide information regarding the current psychology programs available, as well as career and educational planning. Dr. Kevin Kaut, Department Chair of the Psychology Department at the University of Akron supervises these advisors.

In addition to these undergraduate advisors, I could consult Dr. Charles A. Waehler, Associate Professor of Psychology. He is a practicing psychologist, and is coauthor of the book *What Do I Say?: The Therapist's Guide to Answering Client Questions*. Dr. Waehler has a history of research in psychodiagnostics and the counseling process, both of which would affect me as a clinical psychologist. Dr. Dawn M. Johnson would also be a good professor to consult as some of her research includes post-traumatic stress disorder (PTSD) and treatment outreach. PTSD is a disorder that I may face

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in the field of clinical psychology; consequentially, she may be a good professor to consult as well. Both could provide insight into the world of clinical psychology and the realities of working in the field.

In order to enhance my opportunities upon graduation, I would want to join psychology student organizations. Some of these organizations at the University of Akron include Psi Chi, the American Psychological Organization, and the Association for Psychological Science.

Psi Chi is the International Honor Society in psychology. According to the “Benefits & Advantages of Membership,” there are many benefits to membership, including obtaining valuable experience in the field of psychology and growing professionally through recognition. Members of Psi Chi receive “a membership certificate and card which give tangible evidence of membership.” Psi Chi also offers awards and grants for students.

The American Psychological Association (APA) is the world’s largest organization for psychologists. According to the APA (2013), students who join receive many membership benefits, including journal subscriptions; discounts on books, videos, journals, and online databases; scholarships; and more (“Student Affiliate”).

Finally, the Association for Psychological Science (APS) is a nonprofit organization dedicated to the promotion of psychology. The APS Student Caucus (APSSC) gives grants and awards, as well as access to publications and opportunities to get involved (“APSSC Membership”).



There are many opportunities and courses for me to pursue in the area of clinical psychology. I have many people available to consult for information about this field of study. I am devoted to this area of psychology, and my personality, values, skills, and interests correspond to clinical psychology. I look forward to continuing on my education in this area and eventually pursuing advanced coursework in graduate school.