



University of  
East London

School of Psychology

# **JOBS AND CAREERS**



**USING YOUR DEGREE:  
IDEAS AND DIRECTIONS FOR OUR STUDENTS**

DEVELOPED BY THE SCHOOL OF PSYCHOLOGY

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# HOW TO USE THIS GUIDE



Psychology and Counselling are diverse subjects covering a range of topics in human experience and research. They open the doors to a range of opportunities in the workplace. This guide aims to provide a snapshot of some of those possibilities; it's by no means exhaustive but gives you some ideas and directions to explore. And remember, working lives often follow a defined or traditional pathway, but for many people modern 'careers' are a mosaic of different jobs, training, volunteering and diverse work experiences.

Using this guide is simple. Each entry is concise, to get you thinking about what interests you and to highlight the many different options - in the core psychological professions, areas that support or are allied to psychology, and some examples of the extensive range of graduate jobs for which your degree will give you an advantage. For most entries we have added a link(s) for you to find out more – using your phone camera to open QR code links (paper and digital versions) or by clicking on the hyperlinks (digital versions). We also have some examples throughout of UEL alumni (graduates from our courses) in some of the roles described, to give a little more detail of some career journeys.

Finally, we see this as an evolving document and would love to receive your comments or suggested additions. In the meantime, we hope you find inspiration in the following pages.



# CORE PSYCHOLOGY PROFESSIONS

Jobs and careers in psychology, counselling and the helping professions are changing all the time, as you will see in later sections; however, in this first section we cover what for many are the first career options that come to mind when thinking about these disciplines. What we call here the core, or traditional, professions, are often well-established careers that require additional postgraduate training and where demand for places is often extremely high. It's worthwhile exploring the webpages of the British Psychological Society (BPS) or [prospects.ac.uk](http://prospects.ac.uk) to find out more about the grades and experience needed for the core professions.

## Academic Psychology: Research/Teaching



Academics tend to have a PhD or a professional qualification in their specialist area. Once qualified, academic psychologists often work in universities: teaching, researching, practicing, engaging in other scholarly activities, or combinations of all of these. A PhD can also be a route to research in other areas, such as industry, financial sectors, third sector and business.

**More information on PhDs:**  
[School of Psychology MPhil/PhDs](#)

**Research @UEL:**  
[Postgraduate Research](#)





### **Our Alumni: Catherine** **BSc Psychology**

University Researcher and Lecturer  
Catherine completed both her BSc degree and PhD at UEL, with ground-breaking work in the study of electronic vaping devices (e-cigarettes) and their usefulness for smoking cessation. She then became a research fellow and

subsequently a lecturer at London South Bank University.

### **Our Alumni: Steve** **BSc Psychology**

Academic Research Fellow - after his degree with us in Psychology, Steve secured a place on a PhD programme at Cambridge studying gambling behaviour. Steve returned to UEL as a research fellow, funded for 3 years by the Society for the Study of Addictions. before moving to Kings College London.



## Business, Occupational & Organisational Psychology



These three areas of psychology all focus on the application of psychological knowledge to understanding, researching and informing work and business practice. The focus can be very much on the individual (Occupational Psychology) or on the wider work context of informing productivity, marketing and environments (Business Psychology) - using psychological theories and approaches to deliver tangible benefits by enhancing the effectiveness of organisations and developing the performance, motivation, and wellbeing of people in the workplace.

Business Psychologists will normally complete a masters after their degree, whilst Occupational Psychologists complete a BPS accredited masters programme and may study further to doctorate level.



### More information

[BPS information on occupational psychology](#)



### Postgrad @UEL

[MSc Occupational and Organisational Psychology](#)



### Our Alumni: Attila

#### BSc Psychology

From his first year at UEL Attila accumulated relevant experience. He was one of the winners of a BPS business psychology competition. In his final year he applied for graduate schemes and is now employed as a Business Psychologist at Zircon; as well as studying MSc in Occupational and Organisational Psychology at UEL.

## Clinical Psychology



Clinical psychologists help people with an array of often severe psychological issues, working closely with psychiatry and mental health teams. It is a highly sought-after profession in psychology and the competition for places is fierce. As well as a very good first degree in psychology (or masters equivalent), applicants are expected to have extensive experience, with most having first worked as an assistant psychologist (see Allied section) before applying. Academic excellence, experience and high motivation are key to becoming a clinician.

### **More Information**

[BPS information on clinical psychology](#)



### **Prof Doc @UEL**

[Clinical Psychology](#)



## Coaching Psychology



Coaching Psychology is a growth area in the discipline, using evidenced based approaches to studying, understanding and delivering effective coaching. Coaching Psychology (and Positive Psychology) aim to help individuals, communities and organisations to make effective and informed decisions in their working and personal lives; to support personal growth and wellbeing; and to help others to thrive, be resilient and live their best lives. Professionally trained Coaching Psychologists are accredited to a recognised and reputable coaching body such as the BPS, European Coaching and Mentoring Council (ECMC) and/or the International Coaching Federation (ICF).

### More information

[BPS coaching](#)



### Courses @ UEL

[Positive & Coaching Psychology](#)



## Counselling and Psychotherapy



Professionals in this broad discipline can differ markedly in the types of approaches used, but all work in talk-based helping roles, with individuals, couples, families, and groups to improve wellbeing and tackle a wide variety of personal and interpersonal difficulties. Fully qualified practitioners in the UK have trained on courses accredited by the British Association for Counselling and Psychotherapy (BACP) – which may be a PGDip or masters course, but must be BACP accredited. Course applicants also need suitable experience to be successful.

### More information

[BACP Information on counselling careers](#)



### UEL Courses:

[Counselling & Wellbeing courses](#)



## Counselling Psychology



Counselling Psychology is a distinct profession, with clinical practitioners trained to reduce distress and enhance wellbeing using specialist evidenced-based practice. They work across all age groups dealing with a wide range of needs, often complex, and additionally collaborate with other health professionals to share and promote their skills and to enhance knowledge across disciplines. Candidates need to complete a 3-year professional doctorate (BPS recognised) – with entry to these programmes requiring a good first degree in Psychology and extensive experience of strongly related psychological work.

### More information

[Counselling psychologist job profile | BPS](#)



### UEL Courses:

[Prof Doc Counselling Psychology |  
University of East London \(uel.ac.uk\)](#)



## Educational Psychology



Educational psychologists work with teachers, parents, schools and communities to provide evidence-based advice, support, and guidance. They help to assess areas of difficulty and tackle challenges within educational contexts - to enhance pupil wellbeing and educational attainment and standards. Ed Psychs take a 3-year doctorate training programme, and candidates for this need a good psychology degree plus prior experience of working full time within education for at least a year. As with Clinical Psychology, competition for places is very high.

### More information

[BPS Information on educational psychology](#)



### UEL Courses:

[Prof Doc @UEL](#)



## Forensic Psychology



Forensic Psychologists work in a range of areas across the criminal justice system to help understanding of criminal behaviour and to support the management and treatment of those who have committed crime. After an undergraduate degree in psychology or conversion course, candidates need to complete a recognised masters degree in forensic psychology followed by 3 years supervised practice or a further Health and Care Professions Council (HCPC) accredited qualification.

### More Information

[BPS information on forensic psychology](#)



### NHS Careers information

[Forensic psychologist | Health Careers](#)



## Health Psychology



Health Psychologists use psychological knowledge and interventions to improve health and wellbeing, and to inform practice and treatments in health settings and at population level. To become a Health Psychologist, you need an undergraduate degree in psychology or a conversion course that is accredited by BPS, followed by a master's in health psychology as well as an accredited doctorate in health psychology.

The Health and Care Professions Council (HCPC) regulates this role. Registration with them is mandatory to use the protected title.

### More Information

[BPS information on health psychology](#)



### NHS Careers information:

[Health psychologist | Health Careers](#)





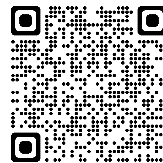
## Neuropsychology



Neuropsychology is a discipline that covers research, assessment and rehabilitation of individuals whose lives are impacted by trauma and illness affecting brain structure. As such there many areas of psychological work that use the tools and techniques of neuropsychology, and graduates can find work in charities (such as Headway) or through specialist agencies. The journey to becoming an accredited (by the BPS) Neuropsychologist is however more challenging, and normally requires training via Clinical or Educational psychology routes, or by specialising as an academic (through research/PhD work).

### **More information**

[BPS information on Neuropsychology](#)



## Sport and Exercise Psychology



Sports and Exercise Psychologists work across elite and non-elite sectors, in education and with organisations to promote sport engagement, facilitate excellence in training and performance, and inform policy and practice using expert knowledge. These specialists have completed a masters qualification recognised by the British Association of Sport and Exercise Sciences (BASES) and have to be HCPC registered to practice.

### **More information**

[BPS information on sport and exercise psychology](#)



### **Postgrad @UEL**

[Sport Psychology](#)





## 'ALLIED' PSYCHOLOGY PROFESSIONS

In addition to the Core professions, there are a growing a number of roles that require a psychology background, and some that prefer graduates with what they see as more appropriate person-centred qualifications such as psychology and counselling degrees. The jobs outlined in this section are those strongly allied to psychology, either directly supporting the work of psychologists or individuals with related needs, or roles which involve taking on work previously covered by more fully trained professional counsellors and psychologists. Many of these roles are an essential part of the journey towards core professions (and places on training programmes) but exist in their own right as essential and highly rewarding jobs for graduates from our school.

## Assistant Psychologist

Assistant psychologists (AP) undertake many different roles in supporting people with mental health problems and typically, you'll provide clinical support under the supervision of a qualified psychologist within a service, likely in a hospital or care home setting.

Working in full time paid employment as an AP is also seen a 'gold standard' entry requirement for most Clinical Psychology doctorate training programmes, so competition for AP jobs is often high. Successful candidates increasingly have extensive experience (which can include voluntary AP work) prior to applying.

### Our Alumni: Asha

#### BSc Psychology

After her undergraduate degree at UEL, Asha took a masters in Clinical Psychology. During her masters she worked as a behavioural support therapist, followed by a lot (!) of applications that finally led her to a position as an AP. She added PWP training and is now a trainee Clinical Psychologist.



#### To search for RA jobs:

[Jobs | Job Search | Job Vacancies on jobs.ac.uk](#)

## Clinical Associate in Psychology (CAP)

A very new role in the mental health psychology professions, CAPs deliver psychological interventions under the supervision of clinical psychologists, to people and families with moderate to severe distress. CAPs will have a degree in psychology and highly relevant experience before appointment, and across the first 18 months complete a level 7 in-work apprenticeship in hospital and/or community based settings.

### Our Alumni: Leeomie

#### BSc Psychology

In her final year of her degree Leeomie applied for a Healthcare Assistant post in a mental health ward, to gain experience of working with adults suffering distress. This experience and psychology degree helped her secure first an Assistant Psychologist role, and then the job of the CAP – she is now training to become a Clinical Psychologist.



#### NHS Careers information:

[Clinical associate in psychology | Health Careers](#)



## Employment specialist

Employment specialists help individuals receiving psychological support, to find or return to work, or to find suitable training to support this. They work closely with clinical teams, based in local health services or charities, helping people with mental health challenges to lead productive and fulfilling lives. This is a relatively new role emerging from the evidence-based Individual Placement and Support approach. Graduates from many different backgrounds are eligible, but Psychology and Counselling graduates are increasingly being sought for this role.



### Our Alumni: Paulina

#### BSc Psychology

Paulina was inspired to apply for the role of EP after a talk in the School of Psychology by the charity Working Well Trust. Working in Tower Hamlets, Paulina helps people recovering from significant illness, and also neurodiverse individuals, to find work and training.

#### NHS Careers information:

[Employment specialist | Health Careers](#)



## High Intensity Therapist



Like Psychological Wellbeing Practitioners (PWP – see separate entry), High Intensity Therapists work within Improving Access to Psychological Therapies (IAPT) services but have a greater variety of evidence-based tools they are trained in, to use to address anxiety and depression; and can also work with couples. Entry to training programmes depends on previous experience working in counselling and psychotherapy, but PWPs with two years' experience are also eligible, allowing for clear career progression within IAPT services.

**Further Information from NHS careers:**  
[High intensity therapist | Health Careers](#)



## Learning and Behaviour Specialists

Learning, Behaviour and/or Developmental Specialists work within education to support young people with behavioural issues, neurodiversity and/or learning disabilities. Work is mostly one-to-one support as part of a multidisciplinary team. There are a number of private education providers who run training courses, but at present in the UK a lot of training is delivered on the job, and role titles differ across employers (SEN support, specialist teaching support, applied behavioural analysis assistant, behavioural teaching assistant, early support worker etc.), but the nature of the work is fairly consistent.

### **Our Alumni: Sabrina** **BSc Psychology**

After work experience during her studies as a teaching assistant for children needing additional support, Sabrina applied for her first Behavioural specialist/analyst role, with training provided in-work. She has continued as a Learning specialist and hopes to utilise this experience and her degree to apply to an Educational Psychology doctorate training programme.



#### **Education jobs search engine:**

[Education Jobs For Teachers, Lecturers And Admin Staff \(education-jobs.co.uk\)](https://www.education-jobs.co.uk)



## Mental Health Social Worker

Mental health social workers empower individuals with mental illness and the people in their lives to lead fulfilling, independent lives, working in healthcare settings alongside other mental healthcare providers such as counsellors, psychologists, and psychiatrists. Candidates need to be graduates (any discipline but psychology and counselling are increasingly preferred) and will have some relevant experience. Training is an in-work Level 7 apprenticeship across the first 18 months in post.



### Our Alumni: **Thomas**

#### **BSc Clinical and Community Psychology**

Thomas found this role straight after graduation via [thinkahead.org](https://thinkahead.org), working alongside mental health teams to help people adjust to leaving hospital and to re-engaging with their lives. He works 4 days per week in hospital settings with 1 day for study leave and additional placements in diverse settings.

**Further Information from [thinkahead.org](https://thinkahead.org):**

[About mental health social work - Think Ahead](#)



## Other NHS Psychology Professions



There are several NHS linked and NHS based careers and roles mentioned in this section (Clinical, Counselling, PWP, AP, CAP, Social Prescribing Link, Employment Specialist, Mental Health Social Worker), but there are many

other roles and the need for psychology and counselling graduates continues to grow in our health service. Below are some examples of a few more, with greater detail to be found on the NHS careers webpages:

- **Psychotherapist: adult, family, adolescent and child**
- **CBT therapist**
- **Children's Wellbeing Practitioner**
- **Education Mental Health Practitioner**
- **Family and systemic psychotherapist**
- **Mental Health and Wellbeing Practitioner**
- **Peer Support Worker**
- **Youth Intensive Psychological Practitioner**

**NHS Careers information:**

[Psychological professions | Health Careers](#)

**NHS Careers quiz:**

[Take our careers quiz | Health Careers](#)



## Probation, Prison and Advocacy Services

There is a wide variety of work within and associated with prisons – notably the probation service and advocacy work. The prison service itself is also open to people with all kinds of experience, graduates and non-graduates. Graduates have a wider range of options and may be seeking some work to support their route to Forensic Psychologist.

### Our Alumni: Nicola

#### BSc Forensic Psychology

Nicola volunteered for the charity Bluebird Service Advocate for Women in Prison ([womeninprison.org.uk](http://womeninprison.org.uk)) as an UG student, applying for a full-time advocacy job in her final year. Her work is one to one, supporting female prisoners during their time inside and planning for leaving – and for coping with the challenges or ongoing mental health issues. Nicola is hoping to use this work to help develop as a Forensic psychologist, to stay working within prison services or to develop within this third sector organisation



#### **Prison and Probation Services Careers information:**

[HM Prison & Probation Service jobs - Ministry of Justice jobs](#)

## Psychological Wellbeing Practitioner

PWPs work with other mental health professionals in Improving Access to Psychological Therapies (IAPT) services, supporting people experiencing problems with anxiety and depression. They assess clients and deliver CBT interventions, as well as more generally providing a space for people to talk and discuss thoughts and feelings. Most PWPs have a recognised postgraduate qualification (PGCert) but there are increasingly apprenticeships being offered by healthcare providers.

### Our Alumni: Mira

#### BSc Psychology

Whilst in her final year, Mira secured a place on UCL's PGCert course in Low Intensity Cognitive Behavioural Interventions, the formal training needed to become a PWP. She has recently started to train/'upskill' as a High Intensity Therapist within the IAPT team she works.



#### More information

[BPS information on PWP](#)



#### NHS Careers information:

[Psychological wellbeing practitioner | Health Careers](#)



## Research Assistant

As the name suggests, RAs work alongside established researchers and research teams in academia and in numerous other sectors. Roles will vary, but largely involve feeding into research study design, data collection, analysis and report writing. Being an RA is often a key part of the journey to becoming an academic, and so a good degree grade, enthusiasm and energy are essential.



### **Our Alumni: Paula**

#### **BSc Child Psychology with Foundation Year**

Paula worked as a Research Assistant (RA) in both the School of Psychology and School of Health, Sport and Bioscience, working on projects related to the psychological effects of water drinking (hydration). She went on to complete a PhD at UEL and became a member of the academic team, teaching on the programme she graduated from and becoming a specialist in hydration research.

#### **To search for RA jobs:**

[Jobs | Job Search | Job Vacancies on jobs.ac.uk](#)

## Social Prescribing Link Worker

Social prescribing link workers connect people with local community activities and services, to improve health and wellbeing and reduce reliance on drug-based treatments, and to reduce risk of other medical interventions. Some social prescribing link workers, work with specific groups like children, young people, and refugees. Whilst specifically a role that targets graduates, there is growing interest in employing Psychology and Counselling students.



### **Our Alumni: Begum** **BSc Forensic Psychology with** **Foundation Year**

Begum found this role via her local GP practice, but such jobs are now advertised more widely. In works with people with physical and/or mental health problems, and with wider community health and mental health teams. This work also helped Begum to secure a place on our MSc Integrative Coaching and Counselling course.

### **NHS Careers information:**

[Social prescribing link worker | Health Careers](#)



## Speech and Language Therapist



SLTs engage in work to help individuals with difficulties in communication, swallowing, eating and drinking – often dealing with developmental delays and helping people with physical mouth and tongue issues (congenital and those acquired through injury, illness or surgery/treatment). Training which is accredited by the Royal College for Speech and Language Therapists is needed; a two-year PG course (PGDip or MSc), with HCPC registration post qualification. Acceptance onto an accredited course requires a previous good degree qualification (at least a 2.1) in a closely related subject area, usually a science, language or psychology degree.

**More information from the Royal College for SLTs**

[Home | RCSLT](#)



## OTHER GRADUATE PROFESSIONS

Your Psychology or Counselling degree is a professional training and, as highlighted in the previous sections, a step towards numerous related areas of work. However, many graduates decide after graduating to enter a range of non-subject specific careers. A 'human sciences' (BSc) degree indicates a unique blend of analytic skills you will have that many employers will be interested in. The following pages are a snapshot of some of the possibilities out there.... a list that is growing all the time.



## Administration

Administrative staff are needed in nearly all professions and all sectors, and for many organisations they specifically want graduates; knowing that graduates can move easily beyond more simple clerical skills to multitask, write reports, handle and present data, research and present ideas. Progression is performance based and those who work efficiently and effectively can often move into senior roles within organisations and many transfer into areas of management; utilising their degree and experience to undertake an MBA or other additional training (such as Coaching Psychology). When applying for admin jobs, make sure they want a graduate! (See agencies: Reed, Indeed, Randstad etc.)



### **Our Alumni: Khadijah**

#### **BSc Psychology with Foundation Year**

Khadijah gained experience through an undergraduate internship at UEL, which helped her secure an admin job within UEL's own Careers and Enterprise team, supporting their work advising students on careers and gaining funding for their own start-ups.

#### **UEL MBA course information:**

[MBA Master of Business Administration | University of East London](https://www.uel.ac.uk/mba)  
 [\(uel.ac.uk\)](https://www.uel.ac.uk)

## Banking, Business & Finance



These sectors are possibly not the first in mind for most people studying degrees in psychology or counselling, but companies in these sectors are always looking for multi-skilled and capable graduates. Most big companies have graduate schemes, which need a little careful looking into.

Some more data-based schemes/employers might want a candidate with a more numerate PG qualification on top, but often the combination of soft skills and data analysis cultivated through the BSc Psychology and BSc Counselling degrees will be highly valued.

Graduate schemes are advertised on various platforms including our own UEL Career Zone, and these employers regularly come to our career fairs.

**For some ideas: Bright Network**  
[Graduate Careers For Bright Minds | Bright Network](#)

**...and look at UEL CareerZone**  
[University of East London \(uel.ac.uk\)](http://uel.ac.uk)  
(current students only)



## Charity/Third Sector work



Charity and Third sector organisations, as with other 'businesses', offer a range of roles, covered in various sections of this guide: admin/HR, recruitment, training/education, marketing and research, management and policy. In addition, these organisations need staff to work at all levels in fundraising and many will have both volunteers and paid employees supporting individuals, families, organisations and communities. Graduates who work for these organisations have often been a volunteer during their studies to gain some insight about a specific charity.

**More info**  
[Prospects UK](#)



**Charity jobs**  
[Indeed UK](#)



## Civil service

This is the umbrella term for the largest public employer in the country, with jobs in all UK government departments, national security, environmental work, research and data analysis, work support culture and communities, defence, health etc.

We recommend checking out the endless possibilities and both graduate and non-graduate entry schemes, and perhaps taking the short online 'Career Matcher' test on their webpage:

### More Information

[Departments | Civil Service Careers \(civil-service-careers.gov.uk\)](#)

As a civil servant, whatever the role, you will likely be an asset to any department with the skills your degree has given you in

- Report writing
- Database searching
- Quant/qual data work
- Understanding people in multiple contexts



Department  
of Health &  
Social Care



**NCA**  
National Crime Agency



Department for  
Digital, Culture  
Media & Sport



Office for  
National Statistics



Department  
for Education



Home Office



**[dstl]**



Department  
for Transport

## Data Analysis/Research

In the course of our degrees (especially psychology programmes) there is a lot taught about research methods, study design and how to engage with often complex research topics and literatures. Our programmes cover different study designs, interviewing skills, database use, analysis of textual and quantitative data, ways to conduct literature reviews and diverse presentation skills. These tools and abilities mean that our graduates will be of interest to employers looking for staff to conduct data work and to do research. The ability to work in these areas could be further enhanced by studying a masters in research (MRes) or PhD, but a search of jobs boards will highlight a wide range of jobs and organisations where this work can be found.

### **Our Alumni: Saneela**

#### **BSc Psychology**

The diverse skills learned from her degree and some experience working as an RA, helped Saneela secure a role as the lead Research Coordinator in a London Hospital Trust, designing, conducting and managing research studies, and producing reports, to enhance clinical practices and service provision within the Trust.



## Education/Teaching



Psychology graduates looking to enter the teaching profession in the UK have a few different options available to them:

- Primary School Teacher
- Secondary Education
- Further Education (FE Schools and Colleges, where some graduates specialise in teaching Psychology)
- Teaching Assistant – at any level, including FE and HE (and is work that can be undertaken whilst studying too via agencies)

Additional training is required and for most candidates this will be to complete a one-year intensive Postgraduate Certificate in Education (PGCE), but there are other in-work qualifications as well. Training as a teacher is an additional route to gain experience for Educational Psychology, but of course is also essential for a lifelong career in teaching, educational management and policy.

## Our Alumni: Olivia

### BSc Psychology with Child Development

Olivia completed a Qualified Teacher Status course, a school centred initial teacher training programme, and PGCE. She is now a full time Early Career Teacher working in an Essex primary school. For Olivia, it was always her dream to become a teacher, but she felt that the knowledge that could be acquired through studying psychology was superior to that of just studying a teaching degree. It has also allowed her to have Educational Psychology as a possible career option in the future.



**UEL Postgraduate Teaching programmes**  
[Teacher Training | University of East London](#)  
[\(uel.ac.uk\)](http://uel.ac.uk)



**TA information**  
[Learn Direct](#)



## Entrepreneurship ♦ Freelancing



For some graduates the ideal career is to work for oneself or to work as flexibly as possible. Graduates can set up their own businesses, often with university and/or government support, in areas related to their degree discipline or completely separate. Graduate skills can also be the basis of working as a freelancer, offering time and service to a range of work types and organisations – data work, editing/proofing, research etc. – locally, nationally and across the globe.

### Information on setting up a business

[Gov website](#)



### Freelancing: an entry- level platform

[Fiverr](#)



### Freelancing: a more advanced platform

[Upwork](#)





## Health & Allied Health



The health sector is one of the largest employers of Psychology and Counselling graduates – often in roles specific to their degree (see previous sections on Core and Allied Psychology), but also in a range of other areas in health, via graduate schemes, admin/HR roles, jobs in research and additional training or even retraining, via graduate accelerated schemes, in particular specialisms. Demand for professionals in some areas remains high and government grants and additional student finance are in place to support graduates to train/retrain in these key areas (e.g. nursing, physiotherapy, speech and language therapy, occupational health etc.).

### **More information on NHS graduate training opportunities**

[Graduate training opportunities | Health Careers](#)



## Human Resources



All medium and large-sized organisations have HR departments managing all aspects of employee and employer interactions, from recruitment/selection, staff inductions, support with health and wellbeing, pensions etc. Jobs and careers in HR are popular amongst graduates, and opportunities are abundant, especially for BSc graduates.

Students can apply direct to roles via most job websites, or they can apply for internships or take online accredited courses (e.g. by CIPD), to increase their chances of success.

### More information

[CIPD](#)



## Law and Policing work



Graduates have a range of law and policing relating jobs and careers they can apply for, including:

- Policing via special constable-linked or graduate scheme training routes
- Civilian/Police support work
- Other: e.g. NCA, Customs/Border Control
- Law via a PG Law conversion programme

Psychology graduate skillsets may be especially attractive for supporting roles which can include analyst work (intelligence and crime stats), call handling, Front Counter work, research work as well as numerous HR and admin roles. To get a taste of becoming a police officer there are also voluntary options of Community Officer work and Special Constable. Finally, to move to Law, our graduates can apply to one year intensive conversion programmes, or straight from graduation can work within UK Courts and other parts of the justice system.

### More Information

[Met Police Graduate Opportunities](#)



### Becoming a detective

[Met Police Detective](#)



## Marketing ♦ Market Research



As well as Marketing companies, most large organisations increasingly have their own marketing departments, working to research new projects, run focus groups, branding and advertising. Many of these roles would be suitable for graduates and can be found in job search engines (see below). Market research is related but more specialised and companies like YouGov IpsosMori and Opinium will be interested in graduates with research/data handling experience.

### Most Popular Job Boards

**Indeed**  
[Marketing Jobs](#)



**Reed**  
[Marketing Jobs](#)



**LinkedIn**  
[Marketing Jobs](#)



## Media



Media is a very broad term to cover a huge variety of organisations linked to film, TV, radio, music, social media, gaming, print and online news, publishers and more. Many of the larger companies offer graduate schemes or trainee opportunities, for example:

- BBC
- ITV
- Citywire
- Oxford University Press
- Diageo
- Facebook
- The Times
- Arcadis
- Sky
- Spotify

Other smaller companies may also be interested in graduates to support everything from admin/HR, to more 'psychological roles' (see jobs boards, for example this information from Indeed: [10 Potential Careers in Video Games for Psychologists | Indeed.com](#))

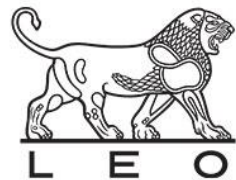
## Pharmaceutical Industry

One of the largest private sector employers worldwide, the pharmaceutical industry offers jobs and careers across multiple professions – from administrative and HR roles, marketing and sales, management, to careers in research and development of medicines and medical products. Larger companies, such as Pfizer, also offer work experience opportunities, placements, summer internships and graduate schemes (including level 7 in-work apprenticeships).

The Association of the British Pharmaceutical Industry website covers this range of professions and job/scheme adverts, but it's also worth looking at individual companies too.

### More Information

[Careers in the pharmaceutical industry  
\(abpi.org.uk\)](https://www.abpi.org.uk)



## Recruitment

Graduates working in recruitment, also sometimes called 'Talent Acquisition', may be based within an organisation seeking new employees or may work for agencies that are engaged by companies across multiple sectors, to find people, or even teams of people, with specific skills and profiles (and so are often referred to as Head-hunters). Training is usually on the job, and employers value drive, interpersonal skills and ability to manage competing demands. Jobs in recruitment are advertised on a variety of online sites – including Reed, Indeed, JobSite and in national press (e.g. The Guardian).



### **Our Alumni: Nav** **BSc Forensic Psychology**

After graduating Nav successfully applied to join a recruitment team for a national broadcasting company, helping to set up teams to cover sporting events. He has since moved around the sector a number of times, with experience helping to facilitate promotion to more senior management level roles within various companies including special effects/entertainment, online retail and energy. His love of psychology remains and often feeds into his work.

## Retail



Careers in retail have a range of benefits – enjoyment of working with people, improving time management and organisation skills, flexible working hours or the goal of working your way up within a specific company (many students already working in retail during their studies, discuss opportunities and promotion ahead of becoming a graduate). In addition, several well-known retail companies provide graduate schemes: below are some of the organisations that offer one- or two-year plans as-well as some fast-track options:

- Aldi
- Asda
- Boots
- Dunelm
- Harrods
- John Lewis Partnership
- Marks & Spencer
- Morrisons
- New Look
- Tesco
- Vodafone
- WHSmith



## Social Work



Social workers help disadvantaged and vulnerable people, families, and communities in the face of significant challenge. They work in a variety of contexts, often within local councils and as part of multidisciplinary teams that can also include mental health and law professionals. A number of HE providers offer PG courses for graduates from other disciplines, to train as Social Workers; and there are also some level 7 apprenticeships aimed at in-job training for graduates.

**Social Work England**  
[Home - Social Work England](#)



**UEL's masters programme**  
[MA Social Work | University of East London \(uel.ac.uk\)](#)





## ADDITIONAL INFORMATION

This final section briefly covers a number of things to consider when thinking about the next steps beyond the degree. In particular:

- Emerging areas of psychology and work for our graduates
- How to get experience, as so many courses and jobs ask for this
- Thinking about further training and postgraduate study
- Other sources of information – we've mentioned many already in the guide, but there are key places to start

## Emerging Psychology Courses, Jobs and Careers



A quick search for jobs and courses reveals variations on some of the work highlighted in this guide, but also from time to time brand new roles, often adapting an area of psychology or counselling or applying aspects of this knowledge to new challenges. Here are some examples we've found in preparing this guide, but there will be many more...

**Transport Psychology**

**Animal/Pet  
Psychology**

**Marketing Psychology**

**Consumer Psychology**

**Community Support**

**Health & Wellbeing  
Facilitator**

**Learning Support**

**Eco/Environmental  
Psychology**

**Military Psychology**

**Cyber/Tech  
Psychology**

**Old Age Psychology**

**Addiction &  
Rehabilitation**

**Behavioral Science**

**Wellbeing Manager**

## Gaining Experience: volunteering, placements and internships



Volunteering, internships, and placements can be crucial to acquiring the skills you need to achieve your career goals. This is especially the case for many of the core psychology professions, where you need strong evidence that you can work in the field you are applying to (e.g. aspiring Counselling and Clinical trainees need to show they can work professionally with people in distress).

More broadly, any graduate's CV benefits from having a range of experience in different working environments, and this can be gained from volunteering and by applying to internship and placement schemes at university and at outside organisations and businesses. On our degree programmes we help to facilitate this, helped by our CareerZone team with their extensive network of employers across all sectors; including charities, healthcare, social and third sector.

**GOV.UK information**  
[Volunteer - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



**Link to national search database**  
[Do IT | Connecting people to do good things](#)



## Postgraduate/Further Study Information

In the guide so far we have highlighted PG courses that are necessary for some professions (especially in the Core Professions section), and other careers that provide training. There are however a wealth of courses out there – PGCerts, PGDip, MA/MSc - some which may help your CV far more than others. It's not easy to provide comprehensive advice in this short guide, but some things to think about are:

- Does the provider give you any indication that the course has helped previous students to gain careers in the area of study?
- Or is the course more academic rather than vocational?
- What additional skills beyond your degree might you gain from the course, that will enhance your CV/employability?
- How has the course been rated by previous students, especially in terms of benefits to their careers?

It's also always a good idea to speak to course/programme leaders before applying, to get more detail and answers to these questions.

**More advice and information can be found here:**

[Postgraduate students guide \(thecompleteuniversityguide.co.uk\)](http://thecompleteuniversityguide.co.uk)



## More Careers Information

The links throughout this guide should give you access to a lot more information, but here are key links that are more Psychology and Counselling focused:

# PROSPECTS

[What can I do with a psychology degree? | Prospects.ac.uk](https://prospects.ac.uk)



The  
British  
Psychological  
Society

[Find your career in psychology - bps.org.uk](https://bps.org.uk)

**bacp** | counselling  
changes lives

[Careers in counselling and psychotherapy \(bacp.co.uk\)](https://bacp.co.uk)

# NHS

[Graduate opportunities | Health Careers](https://nhs.uk/careers)

And, if you're a current student or alumnus, remember our Career Zone team advertise jobs, grad schemes, internships, volunteering etc. as well as providing personalised support through mentoring, 1-to-1 career coaching sessions, workshops and training (CVs, applications etc.), and help to set up your own business



University of  
East London



<https://careerzone.uel.ac.uk/>

## Job Agencies

Whilst looking for something more permanent, as a way to navigate towards a permanent role, or simply as a way to work, agencies offer a variety of jobs and places to work, grow and develop. Listed here are some of the agencies out there but there are so many more – some specialising in particular sectors (psychology, health, education) but most offering jobs across multiple employers.

It's of course up to you what work you choose, and salary and location are key factors for most people, but graduate level jobs are ideal for now, for your CV and for your future career.

**More Information from GraduateCoach**  
[22 Recruitment agencies for graduates - Graduate Coach](#)



## ACKNOWLEDGEMENTS

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The team behind it (so far!):

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We welcome any comments (good or bad) and suggestions (we want the guide to evolve and grow); please email John – [jj.d.turner@uel.ac.uk](mailto:jj.d.turner@uel.ac.uk)

