

**San José State University
Department of Psychology
PSYC 148-01, Careers in Psychology
Fall 2026**

Course and Contact Information

Instructor:	Dr. Steven Del Chiaro
Office Location:	DMH 352
Email:	steven.delchiaro@sjsu.edu
Office Hours:	Monday, 6:00 p.m. to 7:00 p.m.; Friday, 8:00 a.m. to 9:00 a.m. Additional appointments are available by request through the Canvas Inbox.
Class Days/Time:	Monday/Wednesday, 10:30am – 11:45am
Classroom:	Sweeney Hall 313 Individual Advising Meetings: DMH 352

Course Format

This course is delivered in person and meets on Mondays and Wednesdays from 10:30 a.m. - 11:45 a.m. Students are expected to attend class regularly and participate in course activities, discussions, and workshops. During Weeks 7 through 14, students will participate in required individual instructor meetings during the scheduled class period while completing asynchronous learning modules in Canvas.

Course Website

Canvas serves as the central hub for this course. The syllabus, course announcements, assignments, grades, readings, and other course materials will be available through Canvas. All assignments must be submitted through Canvas unless otherwise specified. Students should be able to upload Microsoft Word (.doc or .docx) or PDF (.pdf) files. Students are responsible for checking Canvas regularly for announcements, assignment updates, and other course communications.

Communication

Canvas Inbox is the official method of communication for this course. Students should contact the instructor through the Canvas Inbox whenever possible rather than by email.

Messages are generally answered within two business days, excluding weekends and university holidays. Students are responsible for checking Canvas regularly for announcements and other course communications.

Logging in to Canvas

Canvas is available at <https://sjsu.instructure.com>. Students must activate their SJSUOne account before accessing Canvas. After activation, log in using your SJSU ID and password.

Technical Support

If you experience problems using Canvas, consult the Canvas Student Guides before contacting the SJSU IT Help Desk.

- Canvas Student Guides: <https://community.canvaslms.com/t5/Student-Guide/tkb-p/student>

- SJSU IT Support: <https://www.sjsu.edu/it/support/>

Course Description

An undergraduate degree in psychology develops a broad foundation of knowledge and transferable skills that prepare students for careers in a wide variety of professional settings. At the same time, many students are uncertain about how to translate their education into meaningful career opportunities after graduation. This course is designed to help students explore the many pathways available to psychology majors and develop a personalized plan for achieving their professional goals.

Throughout the semester, students will assess their interests, strengths, and values; explore careers in psychology and related fields; and learn how education, experience, and professional development influence career opportunities. Students will use resources such as O*NET, the Occupational Outlook Handbook, professional organizations, and *Pathways in Psychology* to research careers and evaluate potential career pathways.

The course emphasizes practical career preparation. Students will develop professional materials including a résumé, cover letter, LinkedIn profile, and career portfolio; complete an informational interview with a professional in a field of interest; and participate in individualized career advising to help clarify their goals and identify meaningful next steps after graduation.

By the end of the course, students will have developed a clearer understanding of the diverse opportunities available with a psychology degree and will leave with a personalized career plan and a portfolio of professional materials to support their continued professional development.

Course Learning Outcomes (CLO)

By the end of this course, students will be able to:

CLO1: Evaluate their interests, strengths, values, and skills to identify career pathways that align with their personal and professional goals.

CLO2: Describe multiple career pathways available to psychology majors, including the education, training, experience, and professional competencies associated with those careers.

CLO3: Identify and evaluate professional development opportunities, such as employment, internships, research experiences, graduate or professional education, certificates, and other experiences that support their chosen career pathway.

CLO4: Develop professional career materials, including a résumé, cover letter, LinkedIn profile, and career portfolio appropriate for their career interests.

CLO5: Conduct an informational interview with a professional in a field of interest and apply insights from that experience to refine their career pathway.

CLO6: Develop a personalized career pathway that integrates self-assessment, career research, professional experiences, and future educational or career goals.

Program Learning Outcomes (PLO)

Upon successful completion of the psychology major requirements...

PLO1 – Knowledge Base of Psychology – Students will be able to identify, describe, and communicate the major concepts, theoretical perspectives, empirical findings, and historical trends in psychology. (test, quizzes, paper)

PLO2 – Research Methods in Psychology – Students will be able to design, implement, and communicate basic research methods in psychology, including research design, data analysis, and interpretations. (paper)

PLO3 – Critical Thinking Skills in Psychology – Students will be able to use critical and creative thinking, skeptical inquiry, and a scientific approach to address issues related to behavior and mental processes. (paper)

PLO4 – Application of Psychology – Students will be able to apply psychological principles to individual, interpersonal, group, and societal issues. (tests, paper)

PLO5 – Values in Psychology – Students will value empirical evidence, tolerate ambiguity, act ethically, and recognize their role and responsibility as a member of society. (paper)

Required Texts/Readings

Textbook

Required Course Text (Instructor-Authored).

Pathways in Psychology: A Professor's Guide from College to Career, by Steven Del Chiaro, PsyD.

This text is an instructor-authored work provided to students for use exclusively in this course. Chapters will be posted weekly on Canvas. All materials are copyrighted and may not be shared, reproduced, distributed, or uploaded outside of Canvas.

Instructor-Authored Text Disclosure

Pathways in Psychology was written by the course instructor to support the learning objectives of this course. Students are not required to purchase the text, as all assigned chapters will be provided through Canvas at no additional cost.

Use of Instructor Materials

All instructor-authored materials in this course are protected intellectual property. Students may reference these materials in course assignments but may not reproduce, distribute, or post them publicly, including on social media, file-sharing sites, or AI training platforms.

***Supplementary articles and resources provided via Canvas that will be required.**

Library Liaison

Bailey, Christa

Phone: 408-808-2422

Email: christa.bailey@sjsu.edu

Course Requirements and Assignments

See Canvas for detailed assignment instructions, due dates, grading rubrics, and submission requirements.

SJSU classes are designed such that, to be successful, students are expected to spend a minimum of 45 hours of work for each unit of credit (normally three hours per unit per week), including attending class, completing assigned readings, participating in course activities, preparing assignments, and studying. More information about student workload can be found in University Policy S12-3.

O*NET Interest Profiler and Holland Reflection (30 points)

Complete the O*NET Interest Profiler and Holland (RIASEC) assessment and submit a reflection describing how your results relate to your interests, strengths, and potential career pathways.

Pathways Career Assessment and Reflection (30 points)

Complete the Pathways Career Assessment and reflect on how the results align with your interests, values, and professional goals.

Occupation Exploration Worksheet (30 points)

Research a psychology-related career, including job responsibilities, required knowledge and skills, educational requirements, employment outlook, and career opportunities.

Three-Path Career Plan (40 points)

Develop a personalized career plan outlining three potential career pathways and the education, experiences, and professional development associated with each.

LinkedIn and Professional Presence (30 points)

Develop or revise your LinkedIn profile and strengthen your professional online presence.

Career Pathway Exploration (20 points)

Research and evaluate potential career pathways after graduation and identify the pathway that best aligns with your interests, goals, and experiences.

Résumé or Curriculum Vitae (CV) (25 points)

Develop a professional résumé or curriculum vitae appropriate for your intended career pathway.

Cover Letter and Target Opportunity (25 points)

Write a professional cover letter tailored to a specific job, internship, graduate program, or other professional opportunity and include the corresponding position or program description.

Professional Networking Reflection (20 points)

Reflect on strategies for building meaningful professional relationships and identify ways to expand your professional network.

Mock Interview Reflection (20 points)

Participate in a mock interview and reflect on your interview performance, communication skills, strengths, and areas for continued improvement.

Informational Interview Paper (75 points)

Conduct an informational interview with a professional working in a psychology-related field and submit a reflective paper analyzing what you learned and how the experience influenced your career planning.

Personal Career Reflection: Lessons from Pathways in Psychology (10 points)

Reflect on how your understanding of psychology careers has evolved throughout the semester and identify your next steps as you continue preparing for your future career or graduate education.

Final Career Portfolio (65 points)

Submit a professional portfolio containing revised career materials developed throughout the semester, demonstrating your career exploration, professional growth, and readiness for your next academic or career step.

Participation and Professional Engagement (Up to 20 points)

This course emphasizes active participation in discussions, workshops, career development activities, peer feedback, and other in-class learning experiences. Students are expected to arrive prepared, contribute thoughtfully, and engage professionally throughout the semester. Participation points are earned through meaningful engagement in class activities and cannot be made up if missed.

Total Possible Points: Up to 460 points. Final grades will be based on the percentage of points earned out of the total possible points.

Letter grades will be assigned according to the grading table:

Table 1 - Grading Table

	A: 100 - 94	A-: 93-90
B+: 89-87	B: 86-83	B-: 82-80
C+: 79-77	C: 76-73	C-: 72-70
D+: 69-67	D: 66-63	D-: 62-60
F: < 60		

Classroom Protocol**Class Policies – See Canvas Class Policies Module****Syllabus and Course Policies**

This syllabus serves as the primary guide for the course and will be followed as closely as possible. However, the instructor reserves the right to make reasonable changes to the course schedule, assignments, policies, or procedures when necessary to support student learning or in response to unforeseen circumstances. Any changes will be communicated through Canvas Announcements and, when appropriate, discussed in class.

Students are responsible for reading this syllabus, reviewing course announcements, and understanding the course expectations and policies outlined in this syllabus and the supporting information provided in Canvas. Detailed assignment instructions, grading rubrics, submission requirements, due dates, and additional course resources are available in the corresponding Canvas modules. Students are responsible for reviewing both this syllabus and the applicable Canvas materials throughout the semester.

If you have questions about any course policy, assignment, or expectation, please seek clarification before the applicable deadline.

Academic Integrity

Academic integrity is fundamental to the learning process and is expected of every student enrolled in this course. Unless otherwise specified, all work submitted must represent your own understanding and effort. Students are expected to comply with the San José State University Academic Integrity Policy and all applicable university standards.

Academic misconduct includes, but is not limited to, plagiarism, cheating, unauthorized collaboration, falsification of information, and the unauthorized use of artificial intelligence (AI) or other technologies. Suspected violations may be addressed in accordance with university policy and may be reported to the Office of Student Conduct and Ethical Development.

This syllabus establishes the general academic integrity expectations for the course. Detailed course policies regarding academic integrity, plagiarism, artificial intelligence (AI), late work, communication, assignment-specific expectations, and other course procedures are provided in the Canvas Class Policies module and other applicable Canvas modules. These materials are incorporated into this syllabus and are considered part of the course requirements. Students are responsible for reading, understanding, and following both this syllabus and the applicable Canvas materials throughout the semester.

Students remain responsible for the accuracy, originality, and integrity of all work they submit, regardless of the tools or resources they use. If you are uncertain whether a particular action or resource is permitted, ask for clarification before submitting your work.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See [University Policy S14-7](http://www.sjsu.edu/senate/docs/S14-7.pdf) at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Student Technology Resources

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library. A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student

Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook.

SJSU Counseling Services

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

University Resources

SJSU offers many resources to students for basic needs. Talk to me, or visit the website: <https://www.sjsu.edu/sjsucares>/University Policies

General Expectations, Rights and Responsibilities of the Student

As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU's policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arises. See [University Policy S90–5](http://www.sjsu.edu/senate/docs/S90-5.pdf) at <http://www.sjsu.edu/senate/docs/S90-5.pdf>. More detailed information on a variety of related topics is available in the [SJSU catalog](http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html), at <http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html>. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not serve to address the issue, it is recommended that the student contact the Department Chair as a next step.

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at http://www.sjsu.edu/provost/services/academic_calendars/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course and the following items to be included in the syllabus:

- “Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.”
- “Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.”

Course Calendar – See Canvas Homepage for due dates/times

Week	Date	Topics	Assignments, Deadlines
1	Aug 19	Syllabus Day Course overview, expectations, major assignments, introduction to <i>Pathways in Psychology</i> , and developing a professional mindset.	Read: <i>Pathways in Psychology Introduction</i> .
2	Aug 24	Career Center Presentation Career Center resources, Handshake, internships, career fairs, resume support, LinkedIn, mock interviews, and professional headshots.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i> .
	Aug 26	Understanding Yourself Complete the O*NET Interest Profiler and Holland (RIASEC) assessment in class.	Complete the O*NET Interest Profiler.
3	Aug 31	Understanding Your Results Discussion of Holland Codes and career interests. Introduction to the <i>Pathways</i> Career Assessment.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i>
	Sept 2	Informational Interview Workshop Finding professionals, writing outreach emails, developing interview questions, professional etiquette, and follow-up strategies. Students begin contacting professionals.	Due: O*NET Interest Profiler & Holland Reflection (30 pts) Begin contacting professionals to schedule your informational interview.
4	Sept 7 (No Class)	No Class (Labor Day)	Due: <i>Pathways</i> Career Assessment & Reflection (30 pts).
	Sept 9	Career Exploration Resources Complete the <i>Pathways</i> Career Assessment. Explore O*NET, Occupational Outlook Handbook, APA, APS, LinkedIn, Handshake, USAJobs, graduate school resources, and psychology career websites.	
5	Sept 14	Exploring Careers in Psychology	Read: Assigned career

	Sept 16	Comparing psychology career paths, educational requirements, licensure, salary, and career outlook. Career Research Workshop Using professional resources to investigate careers and identify opportunities that match your interests.	chapter(s) from <i>Pathways in Psychology</i> . Due: Occupation Exploration Worksheet (30 pts).
6	Sept 21	Building a Competitive Portfolio Internships, undergraduate research, volunteering, leadership, networking, and gaining relevant experience.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i> .
	Sept 23	Planning Your Future Developing multiple career pathways and preparing for the individualized advising portion of the course.	Due: Three-Path Career Plan (40 pts).
Course structure note for Weeks 7-14: • Required individual instructor meetings take place during scheduled class time. Sign up for meeting on Canvas. • Students rotate through 20-minute meeting slots during class • Students not meeting during a given session work independently on the asynch modules or may come to the classroom for guidance • Informational interviews are scheduled and conducted independently outside of class time			
7	Sept 28	Asynchronous Module: Building your professional presence, including LinkedIn and networking.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i> .
	Sept 30	Individual instructor meetings.	Due: LinkedIn & Professional Presence (30 pts).
8	Oct 5	Asynchronous Module: Planning Your Career Pathway After Graduation.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i> .
	Oct 7	Individual instructor meetings.	Due: Career Pathway Exploration (20 pts).
9	Oct 12	Asynchronous Module: Developing a competitive resume or CV.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i> .
	Oct 14	Individual instructor meetings.	Due: Resume or CV (25 pts).
10	Oct 19	Asynchronous Module: Writing effective cover letters and personal statements.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i> .
	Oct 21	Individual instructor meetings.	Due: Cover Letter and Target Opportunity (25 pts)
11	Oct 26 Oct 28	Asynchronous Module: Networking and building professional relationships.	Required Viewing: TEDx Talk – Networking Doesn’t

		Individual instructor meetings.	Have to Feel Gross Due: Professional Networking Reflection (20 pts).
12	Nov 2 Nov 4	Asynchronous Module: Interviewing, professionalism, and career readiness. Individual instructor meetings.	Required Viewing: TED Talk – How to Speak So That People Want to Listen Due: Mock Interview Reflection (20 pts).
13	Nov 9 Nov 11 (No Class)	Asynchronous Module: Reflecting on Your Informational Interview and Integrating What You Learned into Your Career Pathway. Veterans Day	Required Viewing: TED Talk – 10 Ways to Have a Better Conversation
14	Nov 16 Nov 18	Asynchronous Module: Preparing for Your Transition from College to Career. Individual instructor meetings.	Required Viewing: TED Talk – Grit: The Power of Passion and Perseverance
15	Nov 23 Nov 25 (No Class)	Individual Instructor Meeting Make-up Day (By Appointment Only). No Class (Thanksgiving Break)	Due: Informational Interview Paper (75 pts).
16	Nov 30 Dec 2	Launching Your Psychology Career Reflecting on your professional growth, building your professional identity, preparing for life after graduation, and completing your Final Career Portfolio.	Required Viewing: TED Talk – <i>Why Some of Us Don't Have One True Calling</i> Due: <i>Personal Career Reflection: Lessons from Pathways in Psychology</i> (10 pts).
17	Dec 7	Career Roundtables and Portfolio Workshop Students work in small groups to discuss their career pathways, share lessons learned throughout the semester, provide peer feedback on resumes, career plans, and final portfolios, and identify next steps after graduation. The instructor will circulate to answer questions and provide final guidance before portfolio submission.	Read: Assigned chapter(s) from <i>Pathways in Psychology</i> . Due: Final Career Portfolio (65 pts).