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Career Portfolio Paper

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Summary of Lessons Learned from the Videos

In the Clayton State Interview, there are key ideas about psychologists working with non-profits. The crucial lesson advice is that it is not about the money but offering psychological expertise where the state cannot offer the much-needed services (Maddox, 2020). In addition to that, Dr. Mario Norman talks of two important concepts that link psychology and business; exposure effect and social psychology that help understand consumer behavior. The more customers see advertisements, the more they become familiar with the brand, and they are comfortable purchasing from brands they associate with, which is crucial for businesses to understand. The bottom line is that marketing concepts influence consumer choices based on the message delivered. When a marketing message is delivered continuously, people start believing in it even if it is false.

Moreover, in the Calvin Smith psychology interview, his role in the school system cannot be overlooked. School psychologists work with students and teachers to help students learn and the teachers to teach. School psychologists are now an essential component of the curriculum. They are not only prepared to assist learners in their cognitive experiences, but they can also assist teachers in improving their teaching strategies. School counselors are experts in the following areas: training, behavioral patterns evaluations, mental wellbeing, and educational systems (Maddox, 2020). Dr. Nichelle Jackson talks about cultural competence in the field of psychology. The best way to be culturally competent in this field is to learn about the different cultures while practicing psychology. If one provides therapeutic interventions meaningful to different ethnicities successfully, they must familiarize themselves with these cultures.

Psychologists who have received training in psychiatry and law conduct psycho-legal research on various areas, create psychological health constitutional and statutory guidelines, and collaborate as attorneys and psychiatrists in legal and clinical settings. Legal psychotherapists' objectivist, psychological studies on the legislation and the individuals who interact with it. These experts are frequently involved in jury deliberation, witness accounts recollection, and legal inquiries.

In human services, psychologists must be ready to address people's needs. One important aspect of psychology is that regardless of the field of study, whether it is law or business psychology, the expert must be ready to work with clients and resolve any psychological issue they may face. The profession calls for service to humanity. In addition to that, in research, psychologists study a wide variety of human and animal conduct. They plan and carry out studies to determine how people act, believe, react, communicate, understand, feel, and operate under variable circumstances. Also, obtaining a higher level of qualification in psychology allows one to work as a researcher in the field, with research opportunities and job offers abound.

Cover Letter on the Mastery of psychology Learning Outcomes

From

Xxx

To

Xxx

Dear sir/madam

Learning about psychology is important because it presents key theories like research design, personality, consciousness, teaching, psychometrics, and many variables that impact social

actions. Social and biological variables are among those considered. Because they are meaningful in this field, the concepts are useful in achieving success as a psychologist in the long term. A psychologist's responsibilities include managing chronic psychosocial, cognitive, and expressive ailment that affects the patient's wellbeing.

I plan to use the analytical techniques I learned in this course to guarantee that I get accurate information that adheres to scientific proof theory, enhancing my career as a cognitive psychologist. In addition, I can use the principle of memory and learning to ascertain how my clients acquire and memorize specific skills after participating in various treatment programs. I am well-versed in the treatment of minority communities like African American people and Hispanics. I will treat patients from ethnic minorities with dignity, irrespective of their status because I now understand the concept of cultural diversity. The American Psychological Association's professional ethics will lead my career. When dealing with all clients, I will make certain that I integrate these ideals, like benevolence and equality. I am required to handle all clients, irrespective of racial or religious differences. This also holds for coworkers.

Yours sincerely

xxx

Work Reflecting on my Understanding and Capabilities

I am introducing the paper titled "Introduction to Research" to demonstrate my critical thinking, writing, and scientific literacy skills in psychology. The paper talks about depression, one of the worst mental conditions that affect millions. Depressed persons exhibit signs of sadness, sorrow, and lack of interest in previously interesting undertakings. The paper also talks about study variables, which are either dependent or independent. An independent variable is one that the researcher can easily control or alter. Dependent variables, on the contrary, are factors

that the investigator studies or measures to achieve a specific outcome. Independent variables can influence dependent variables. Anxiety among university students is the dependent variable of the study. The study includes independent variables which have a significant effect on depression and anxiety. Alterations in a geographic area, age, medical issues and impairments, educational commitments, socio-cultural isolation, loss of comfort zones, and individual personal life alterations are examples of independent factors. In addition to that, the study expands on existing evidence. Numerous sources of evidence from other main research in this area are used in the analysis. One of the most recent studies on the subject looked at anxiety patterns and therapy among undergraduates. The scientists theorized that male students were more likely to experience depression than their female peers in this proposed investigation. A further hypothesis of this research is that a huge population of college students experiencing psychological distress are hesitant to seek medical attention. This investigation also expands on the latest discoveries about educational depression and stress in university students. The authors suggest that there is a positive relationship between depressive episodes and academic stress in this study.

Blog

According to Baumeister and Bushman (2020), the primary duty of a psychologist is to study the emotions, cognitive abilities, and social interactions of people by interpreting them and deriving meaning that can help guide interventions. A psychology course prepares graduates for different career options, but they are career counselors, rehabilitation specialists, and child care, professionals. To practice psychology, one must acquire a college or university education and the relevant government agencies' relevant license before one can practice. The employment opportunities for professionals in the field are expected to grow by 3% from 2019-2029, meaning

the annual \$82,000 salary will increase. The data suggests that the field offers better remuneration for trainees. However, those intending to work for non-profit entities should not look at these figures. Non-profit means service to humanity and not the huge benefits that come with the profession.

Regardless, Long and Fynn (2018) argue that psychology plays a major role in the personal, professional, and business world. In business, managers can benefit from psychology when making decisions, identifying, promoting, coaching, and empowering staff. A figurehead who uses psychology to run their industry is more likely to succeed. Psychology is also critical in enhancing innovation within a business enterprise, as it aids in the improvement of design concepts and the creation of improved working environments. Better designs mean more customer base, which leads to greater success. In essence, psychology is inherently part of human life and cannot be isolated in any way. That is why it applies in both business, professional, and personal life. Learning psychology is akin to learning about human life.

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