



MY EXPECTATIONS

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Academic and
Employability Skills

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WHY? AND WHAT?



_____ **Cognitive Psychology** _____

_____ **Sustainable Psychology** _____

“It doesn’t matter where you are coming from.
All that matters is where you are going.”

(Tracy, 2003).



SET OF SKILLS FOR A PSYCHOLOGIST

- **Communication**
- **Patience**
- **Ethics**
- **Problem solving**
- **Research**
- **Commitment to learning**
- **Organization**
- **Emotional stability**
- **Listening**
- **Compassion**

SWOT

<u>Strengths</u>	<u>Weakness</u>
• Analytical thinker • Personal life experience • Empathy • Interest in the profession • Creative and curious	• Age • No working experience • No network • Need of a salary • PTSD
<u>Opportunities</u>	<u>Threats</u>
• Can work in many different sectors • Getting certified • Ability to apply psychology in a professional manner. • To help and share knowledge	• Origin • Language • Internet • Religion • Misconception of psychology



ACTIONS REQUIRED

- Need to obtain a psychologist degree.
- Focus on English grammars and vocabulary.
- Need to do voluntary or internship work linked to psychology.
- To create a professional network.
- Need to keep on researching academic material in psychology.
- To stay informed and updated.

STOICS

“You have the power over your mind – not outside events. Realize this, and you will find strength.”

(Marcus Aurelius, n.d.).

“Is not what happens to you, but how you react to it that matters.”

(Epictetus, n.d.).

“If a man knows not to which port he sails, no wind is favourable.”

(Seneca, n.d.).

(Pugliucci, 2017).

CONCLUSION

I would like to continue to prepare myself professionally, specializing in psychology and cognitive behaviour, to help people having a better understanding of psychology and the positive effects of sustainable thinking.



THANKS

“Well-being cannot exist just in our head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishments.”

(Seligman, 2002).

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