AMERICAN PSYCHOLOGICAL ASSOCIATION

THE SKILLFUL PSYCHOLOGY STUDENT

PREPARED FOR SUCCESS IN THE 21ST CENTURY WORKPLACE

Psychology provides skills that employers value.

COGNITIVE

Analytical thinking: Solve complex problems, attend to details, plan proactively, and display comfort with ambiguity.

Critical thinking: Display proficiency with statistics, program evaluation, and research design necessary for the study of social and technical systems.

Creativity: Use innovative and resourceful approaches to problem solving and new tasks.

Information management: Be adept at locating, organizing, evaluating, and distributing information from multiple sources.

Judgment and decision making: Engage in logical and systematic thinking and ethical decision making when considering the possible outcomes of a particular action.

COMMUNICATION

Oral communication: Demonstrate strong active listening and conversational abilities in both informal and professional environments, as well as aptitude for public speaking and communicating scientific information to diverse audiences.

Written communication: Comprehend relevant reading materials to produce professional documents that are grammatically correct, such as technical or training materials and business correspondence.

PERSONAL

Adaptability: Adjust successfully to change by responding in a flexible, proactive, and civil manner when changes occur.

Integrity: Perform work in an honest, reliable, and accountable manner that reflects the ethical values and standards of an organization.

Self-regulation: Manage time and stress by completing assigned tasks with little or no supervision; display initiative and persistence by accepting and completing additional duties in a careful, thorough, and dependable manner.

SOCIAL

Collaboration: Work effectively in a team by cooperating, sharing responsibilities, and listening and responding appropriately to the ideas of others.

Inclusivity: Demonstrate sensitivity to cultural and individual differences and similarities by working effectively with diverse people, respecting and considering divergent opinions, and showing respect for others.

Leadership: Establish a vision for individuals and for the group, creating long-term plans and guiding and inspiring others to accomplish tasks in a successful manner.

Management: Manage individuals and/or teams, coordinate projects, and prioritize individual and team tasks.

Service orientation: Seek ways to help people by displaying empathy; maintaining a customer, patient, or client focus; and engaging in the community.

TECHNOLOGICAL

Flexibility/adaptability to new systems: Be willing and able to learn and/or adapt to new computer platforms, operating systems, and software programs.

Familiarity with hardware and software: Demonstrate competency in using various operating systems, programs, and/or coding protocols; troubleshoot technical errors; and use software applications to build and maintain websites, create web-based applications, and perform statistical analyses.

For more information, visit **on.apa.org/undergrad**

About This Document

The *Skillful Psychology Student: Prepared for Success in the 21st Century Workplace* was commissioned by the American Psychological Association's Committee on Associate and Baccalaureate Education (CABE). The contributing members, listed in random order, are:

- Karen Z. Naufel, Georgia Southern University (CABE Liaison)
- Drew C. Appleby, Indiana University-Purdue University Indianapolis
- Jason Young, Hunter College of the City University of New York
- Jaye F. Van Kirk, San Diego Mesa College
- Stacie M. Spencer, MCPHS University
- Jerry Rudman, Irvine Valley College
- Bernardo J. Carducci, Indiana University Southeast
- Paul Hettich, DePaul University
- Aaron S. Richmond, Metropolitan State University of Denver (CABE Liaison)

Related Readings

Appleby, D., Young, J., Van Kirk, J., Rudman, J., Naufel, K. Z., Spencer, S. M., ... Richmond, A. S. (2019). The skillful psychology student: Skills you will need to succeed in the 21st-century workplace. *Psychology Student Network, 7(1).* Retrieved from https://www.apa.org/ed/precollege/psn/index

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