

# Skills you develop from your **Psychology** courses

**Psychology** applies to your life! Take a Psychology course to learn more about yourself and others in the social world.

The **American Psychological Association** developed 5 goals that form the foundation for all Psychology courses\*. Apply yourself and learn all that you can. Check off the skills that you have mastered, and share these skills with potential employers!

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## **Goal 1 Knowledge Base in Psychology**

“Students should demonstrate fundamental knowledge and comprehension of the major concepts, theoretical perspectives, historical trends, and empirical findings to discuss how psychological principles apply to behavioral problems” (Guidelines 2.0, 2013, p 17).

- capable of coping with complexity and ambiguity
- conversant about psychological phenomena
- curious
- flexible in thinking
- knowledgeable about psychology
- motivated
- open minded
- prepared
- psychologically literate

## **Goal 2 Scientific Inquiry and Critical Thinking**

“The skills in this domain involve the development of scientific reasoning and problem solving, including effective research methods” (Guidelines 2.0, 2013, p. 20).

- amiably skeptical
- careful
- collaborative
- constructively critical
- creative
- curious
- intentional
- inventive
- logical
- open minded
- persistent
- precise
- self-directed

- self-starting
- systematic
- tolerant of ambiguity

### **Goal 3 Ethical and Social Responsibility in a Diverse World**

“The skills in this domain involve the development of ethically and socially responsible behaviors for professional and personal settings in a landscape that involves increasing diversity” (Guidelines 2.0, 2013, p. 26).

- beneficent
- civilly engaged
- community involved
- conventional
- courageous
- ethical
- fair minded
- generous
- moral
- reliable
- respectful
- rigorous
- sensitive
- tolerant
- trustworthy

### **Goal 4 Communication**

“Students should demonstrate competence in writing and in oral and interpersonal communication skills” (Guidelines 2.0, 2013, p. 30).

- attentive
- comprehensible
- flexible
- investigative
- precise
- prepared
- respectful

### **Goal 5 Professional Development**

“The emphasis in this goal is on application of psychology-specific content and skills, effective self-reflection, project management skills, teamwork skills and career preparation” (Guidelines 2.0, 2013, p. 33).

- adaptable
- collaborative
- confident
- conscientious
- dependable
- directed
- efficient
- industrious

\_\_intuitive  
\_\_prepared  
\_\_reflective  
\_\_resilient  
\_\_resourceful  
\_\_responsible  
\_\_sensitive

\*(Guidelines 2.0, 2013)

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