

Psychology	
Summary	Psychology is heavily rooted in genetics, the brain, and diagnoses- not just counseling. There are also so many branches to explore.
Tools	<p>1. To make sure Psychology is of interest to you, I think you need to spend a lot of time learning more about the root of psychology. Pick up a book on basic psychology at a thrift store and read about the theorists in particular.</p> <p>2. Get a Copy of the DSMV-5 and start reading it. This is what you will use as a psychologist to diagnose people with various disorders. In college you will start using this in upper division psy classes as well.</p>
Research	<p>1. Spend some time going on this website and reading about different diagnoses and try to identify what genre of people you want to work with. https://psychcentral.com/ This is important because each university has their own specialty so if you want to work with children who have ADHD or Autism and you end up at a university that does research on PTSD for soldiers, you won't get the training you need.</p> <p>2. Once you have an idea of problem areas you want to serve people in, you need to determine what kind of people, i.e. age, demographics, etc. This also helps you narrow your scope as you choose a university. It is ok if you don't know all of this yet, but the more you can at least rule out, the better.</p> <p>3. There are a lot of branches of psychology. Look into a few I have mentioned here. Google them and learn all you can about them. Read college websites that offer them and see what classes they entail. They will be different at all colleges so don't read it at one university and decide you love or hate it without researching it at several.</p> <p>a. Social Psychology (blends, nature vs nurture)</p> <p>b. Industrial Organizational Psychology (touches on your pet peeve of laziness.....they explore process, efficiency, work place satisfaction, group dynamics, etc.)</p> <p>c. Forensic psychology: may be interesting given you like mysteries and solving puzzles.</p> <p>d. Music Psychology/ Therapy: used in prenatal-end life therapy.</p> <p>e. Psychiatry: Blends medicine and psychology.</p> <p>f. Conflict Resolution/ Organizational Management : Again this touches on your pet peeve of laziness and your description of yourself as tranquil. There are careers like mediation, ombudsmen, etc. you may find satisfying.</p>
Google	1. When you have some populations and problem areas you want to work with people in you can start googling those terms with psychology degree and you may be able to identify colleges that offer programs more targeted towards them, but I can also run these for you should you desire and need assistance.

<p>Classes, Colleges, Degrees, and Certifications</p>	<p>1. Start looking at free classes on Coursera on Psychology. You just keep hitting the audit button and you don't have to pay, but I think it will help give you exposure to psychology and help you think more about if it is an area you want to pursue. You don't have to take the whole course or even turn anything in if you don't want to, just use it for research at the least. https://www.coursera.org/courses?languages=en&query=positive+psychology&userQuery=psychology</p> <p>2. This is what it takes to get licensed as a psychologist in California so it is important to start with the end in mind and work backwards. http://www.psychology.ca.gov/applicants/index.shtml</p>
<p>Jobs</p>	<p>1. You mentioned wanting to earn \$250K, I wanted to show you the closest thing I can find locally to that pay range and it is a psychiatrist at a state prison like in Atascadero. I think it would be a good idea to see if you could do an informational interview with them and meet with someone to talk to them about what they do, what they majored in in school, and see if you can learn more about what this job is like and if you would like it. http://www.dsh.ca.gov/Jobs/Psychiatry.aspx</p>
<p>Comments</p>	<p>1. If you have never been to a psychologist and your parents have insurance, I would go to one for a few months just to be a patient and see what it is like. Counseling is good for everyone. You could talk to them about anything you want, no particular reason, just anything that comes up they can help with. Test anxiety, Choosing a College Major, Working with Lazy People, etc. It is important to be a patient at some point to understand what it is like on the other end and to see what tools they use on their end.</p> <p>2. If your end goal is to become a licensed psychologist or psychiatrist, there are pros and cons about going to undergrad school where you want to do your psychiatry degree. Also if you plan to have debt all the way through medical school, you may want to consider the cheapest undergrad you can as not to rack up bills along the way you don't need. Here is an example of a psychiatry program to give you an example of what it entails and how much it costs. I also wanted you to see how they have specialties. https://www.hopkinsmedicine.org/psychiatry/specialty_areas/</p>
<p>Follow Up</p>	<p>1. One of our counselors is available to help you process the information above, make a plan, ensure you have what you need for your a-g requirements, and research colleges and majors in greater detail that would be a good fit for you based on your narrowed areas of interest. Please contact us to set up an appointment if you would like further assistance.</p>

Helping People	
Summary	<p>Most of the time when we want to help people, we choose a medical degree or a psychology degree because it is what we have been exposed to, but there are so many majors you can look at that use different tools to help people. For undergrad you can also major in a lot of different things even if the end goal is medical school or a MFT or something.</p>
Tools	<p>1. I think going to a college book store and browsing through the textbooks for all the majors I listed below would be super helpful. You can spend a day just reading about the theories used in each to help people. After reading about theories, pick a topic and in each text read about it. For example if you looked at drug abuse in a psy vs soc vs anthro vs human dev. vs social work book they would all have different approaches. Some would think drug abuse is a disease and needs medical treatment, others think they need counseling, others look for the root cause of the drug abuse like work dissatisfaction, and still others think it may be to social inequalities. How they help this person is rooted in why they think they have the problem and their solutions all look different. you need to figure out what your solution is and which "major " is most aligned with your belief system.</p>
Research	<p>1. Choose a single college you may be intersted in and read through their entire course catalogue and look at all the majors and cross off the ones you are not intersted in. Literally read all the majors, even things like history and art. You will see so many things you have not heard of it is important to go through the whole book. Don't get hung up on the name of the degree either.....a degree in anthropology is not always about bones and dinosaurs. Here are some degrees to keep an eye out for.</p> <ul style="list-style-type: none"> • Sociocultural Anthropology • Social Science • Social Work • Human Services • Child Development • Human Development • Sociology • Social Psychology • Health Science • Etc. <p>2. Just like I asked you under psychology, try to figure out what types of people you want to help or serve. This helps you when thinking about a college program that focuses on that population.</p>

Google	1. Once you identify majors you are interested in, start exploring them. If the college you selected in number 1 above does not have some of the majors I listed above you may need to look at a few colleges. Google the majors you like and read about them at at least 5 different colleges to get a good feel for them.
Classes, Colleges, Degrees, and Certifications	1. I am including a listing of classes that deal with helping people at Cuesta College. Even when you graduate if you decide to go away to school, you can still take classes online for free with the cuesta promise grant so these are some of the ones they have you may like. You could also explore them as a high schooler.
Jobs	1. Spend a lot of time looking at jobs on idealist.org Do not look at salary or education, just type in key words. If that is too broad, then go ahead and just click on masters degree and higher and start reading. Don't choose a location or anything, just start to read real jobs and start making a list of things you like and don't like. Even if you find a job you love and it only pays \$30K a year, that is ok, I want to know what it is so we can use that as a launching pad. Again I need to know what kinds of people you want to help, what issues do they have? So this may help you start to narrow or at least identify who you don't want to work with which is also helpful.
Comments	<p>1. When I asked the single word that you would use to describe yourself you said Tranquil. I think this is something very valuable to keep in mind. A career in something where you are on call, working 60 hours a week, running your own practice, working with people in crisis, dealing with insurance claims, etc. could detract from that. It could also make you a very good asset in those fields because you are able to put people at ease. Something to reflect on.</p> <p>2. Since we only become what we are exposed to and you love your volunteer job now I would get out there and keep volunteering in different places and in different settings to find what you love and don't love.</p>
Follow Up	One of our counselors can help you figure out the best pathway to help people if you decide that it is not psychology and it may be one of these other ways. We can look at schools, programs, majors, and target populations to serve.

Health	
Summary	I did not hear you mention biology and chemistry once so I don't think medical school is an option unless you do like chemistry and decide to look into psychiatry, but I did want to talk about your interest in Cancer and your passion for being a patient care volunteer.
Tools	1. If medical school is even on the radar, I think you should take a look at the MCAT which is the test you need to pass to get into medical school. It will show you what you need to know to sit for that exam, i.e. then what you may need to self study or take in undergrad to prepare for it. For example if you want to be a psychiatrist, you want to find maybe a biological psychology program or one that is a Bachelors of Science not a Bachelor of Arts that is a lot more chemistry based so you are taking course work to help you pass that MCAT. Just sit in Barnes and Noble one day and browse through the MCAT test prep book.
Research	Here are a few medical themed careers for you to keep in the back of your mind and do some research on.
	1. Working on a Palliative Care Team in a Hospital or in the community. Learn more about it here and if you are remotely interested, I will pull more info.
	2. Medical Social Worker- They help make arrangements for people leaving the hospital or
	3. Child Life Therapist- I think you would love this based on your answers but it will never pay
	4. Hospice Social Worker. Works with people who are dying.
Comments	1. You expressed a keen interest in patient well being. Sometimes that does not mean always being a medical doctor, they often have the least time to be with the patient. So keep this in mind.
Follow Up	1. If you do decide medical school is an option, one of our Counselors is available to help you look at undergrad programs that will best prepare you for going to medical school in the future in your area of study.

Music	
Summary	A Passion like the Music and even more specific, like the Beatles, can also help you get to half your income goals because we work harder in our passion areas than we do in any other area, so don't rule it out.
Research	1. Spend some time reading about how psychology and music intersect. https://majoringinmusic.com/music-cognition-career-path/ and http://journals.sagepub.com/home/pom
	2. Look into music therapy as a way to combine psychology and music and helping. https://www.musictherapy.org/
Classes, Colleges, Degrees, and Certifications	1. Here is the beetles degree. http://www.hope.ac.uk/postgraduate/postgraduatecourses/thebeatlespopularmusicandsociety/
	2. Here are two classes on the beetles free at Coursera https://www.coursera.org/courses?query=the%20music%20of%20the%20beatles&page=1&indices%5Btest_suggestions%5D%5Bconfigure%5D%5BhitsPerPage%5D=5&indices%5Btest_suggestions%5D%5Bpage%5D=1&indices%5Btest_degrees_keyword_only%5D%5Bconfigure%5D%5BhitsPerPage%5D=3&indices%5Btest_degrees_keyword_only%5D%5Bpage%5D=1&indices%5Btest_products%5D%5Bconfigure%5D%5BhitsPerPage%5D=20&indices%5Btest_products%5D%5Bpage%5D=1
Comments	1. Even if you major in psychology or something similar, you can still do all your reserch as it relates to music, i.e. music effect on workplace enviornment, music and ptsd, music with Alzheimer's, music in utero, music and children, music and consumer behavior, music therapy, etc. Even now as a high schooler, all your work can be done on music for EVERY subject. History, study composers or the role music played in society during a certain era, science, study sound waves, art paint instruments or the beetles, etc. Make music a part of yoru daily life.
Follow Up	1. One of our counselors is available to help you fully explore music as a viable career option. There are so many jobs realted to music other than playing music and we would love to talk to you more about them if you decide this is your passion area.

Writing	
Summary	You should not rule out your passion for science fiction and writing. Many people who are psychologists, psychologists, researchers, etc. consult on books, movies, video games, etc. and even write content.
Tools	1. There is a 55 word writing challenge right now for the New Times, you should check it out.
	2. Here are some writing contests. https://thewritelife.com/27-free-writing-contests/
Research	1. You should look at the credits on the movies and show you watch like true stories and see what kinds of jobs go into making that series, i.e. who they consult with. You could have that job some day and help produce or write shows.
Classes, Colleges, Degrees, and Certifications	1. You major or minor in science fiction l..... Here are two sci fi writing degrees. sfcs.ucr.edu and sfcenter.ku.edu
	2. Coursera has a bunch of classes you will like.....just keep hitting audit to ignore the payment part. For example here are some on creative writing. You don't have to take the class per se.....you can just jump around and get the info you want and skip what you don't want. https://www.coursera.org/courses?query=creative%20writing&page=1&indices%5Btest_suggestions%5D%5Bconfigure%5D%5BhitsPerPage%5D=5&indices%5Btest_suggestions%5D%5Bpage%5D=1&indices%5Btest_degrees_keyword_only%5D%5Bconfigure%5D%5BhitsPerPage%5D=3&indices%5Btest_degrees_keyword_only%5D%5Bpage%5D=1&indices%5Btest_products%5D%5Bconfigure%5D%5BhitsPerPage%5D=20&indices%5Btest_products%5D%5Bpage%5D=1
Follow Up	1. One of our counselors is available to help you look into this more if you want to pursue it as a minor, on the side, or even as a major. There are lots of jobs for writers other than being a published author.

Other	
Summary	You have so much potential to do and be anything you set your mind to. You have so many talents, interests, and gifts. I think you need to spend some time on your short and long term plans and am confident if you do this research I have suggested, you will get closer to knowing what you don't want to do and a counselor can help you further narrow what you do want to do before making any decisions on majors and schools. You will work till you are 65-75 years old so you want to make good long term choices about your happiness so the more time you put in now, the better you will be in the long run.
Tools	1. You mentioned wanting to travel the world, so I have included a travel guide for you reference that show you how to start doing it now with your family or on your own for free.
Other	1. You mentioned a passion for animals. Here is some info on volunteering With tigers and lions https://www.goeco.org/Top_Ways_to_Volunteer_Abroad_with_Lions_and_Tigers? And https://bigcatrescue.org/get-involved/volunteer/
	2. If you want a job that is in demand, that requires the least amount of school, with the highest income potential and that is your only desire in life, check out becoming an actuary. If you can pass a calculus level 3 test you can start after your first actuary test at \$60K normally and then you can work your way up to \$240K in about 10 years without all the debit of medical school or college. Some people do go to school to be an actuary.....but it is not a requirement you could self study and just take math classes to pass the tests. http://beanactuary.org/
	3. Please spend some time developing a budget for your future.....look at real estate in Boston, look at cost of living there, and look at cost of private education for your future kids. See if \$250 K is the figure you think you need. Also spend some time with your parents and ask to help pay the bills to get a sense of what they make, where it goes, and maybe even take a financial planning class for kids or something online or one on coursera. Nothing in your questioner mandates this salary. I think you would be happy with \$100K. https://www.forbes.com/sites/lizryan/2018/02/23/whats-the-fastest-route-to-a-250k-job/2/#33bf715e2b36
Follow Up	I have included a Being Deliberate Guide for Teens and Parents to help you and your parents discuss college and career choices. Please contact me at careervisionbyjamie@gmail.com and make an appointment with one of our counselors if you want to do any follow up. Also subscribe to Career Vision Minute on Facebook for fresh new career ideas delivered daily!