

Psychologist

Psychologists apply the scientific study of the mind and how it affects behaviour to help people deal with real life issues.

Average salary (a year)	Typical hours (a week)	You could work
 £48,000 Starter	 £63,000 Experienced 35 to 40 a week	 9am to 5pm flexibly

Skills and knowledge

- knowledge of psychology
- to enjoy working with other people
- counselling skills including active listening and a non-judgemental approach
- active listening skills
- excellent verbal communication skills
- sensitivity and understanding
- the ability to understand people's reactions
- patience and the ability to remain calm in stressful situations
- to be able to use a computer and the main software packages competently

Different routes to get this job

(check the website for entry requirements)

- study for a psychology degree accredited by the [The British Psychological Society \(BPS\)](#), or do a psychology conversion course
- gain [Graduate Basis for Chartered Membership](#)
- complete an accredited postgraduate qualification in your chosen specialism to work as a psychologist

Day-to-day tasks

- support young people with learning or emotional issues
- work with patients with brain injuries
- use psychological theory to help people who have been in prison
- support people with conditions like anxiety, stress and depression
- help businesses improve employee job satisfaction
- help improve individual or team motivation and performance