

Careers in Behavioral and Mental Health Curriculum



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Curriculum Structure

The *Behavioral and Mental Health Career Exploration Curriculum* is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
One	Career Opportunities in Community Health	60-75 minutes
Two	Career as a Mental Health Counselor	85-165 minutes
Three	Career as a Mental Health Program Manager	80-87 minutes
Four	Careers in Behavioral Psychology	75-80 minutes
	Total	5-7 hours

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives, and a Lesson at a Glance table which lists the lesson activities, materials required, suggested preparation steps, and approximate class time.

Lesson Sections

The actual lesson follows the overview, which will contain some of the sections described below.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, game, review of previous lesson information, or demonstration. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson One – Career Opportunities in Community Health

Lesson Overview

In this lesson, participants will be introduced to careers relating to community health. Participants will research and explore a variety of related careers in the pathway.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify several professions in community health that relate to behavioral and mental health
- Consider if any of the occupations covered in class are appropriate for them to pursue

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• <i>Community Health Occupations Note Sheet</i>	1. Print/photocopy the <i>Community Health Occupations Note Sheet</i> (one per participant).	10-15 minutes
LEARN	• Library and internet resources • <i>Career Exploration Research Summary</i> worksheet	1. Print/photocopy the <i>Career Exploration Research Summary</i> (one per participant).	30-90 minutes
REVIEW	• Questions for panel (optional)	1. Contact three to five local community health professionals and invite them to participate in a panel discussion. 2. Set up the room with panel seating in the front and audience facing the panel.	45-60 minutes

Lesson One – Career Opportunities in Community Health

FOCUS: Defining the Available Career Paths

10-15 minutes

Purpose:

Participants will learn the variety of occupational areas that fall within the community health pathway and how this translates into career opportunities relating to behavioral and mental health.

Materials:

- *Community Health Occupations Note Sheet*

Facilitation Steps:

1. Give each student the *Community Health Occupations Note Sheet*. Have them take notes while you share the following definitions of the divisions within community health.

Careers in community health span a wide range of roles, each focusing on different aspects of promoting and maintaining community health.

Health Education and Promotion

Roles: Health Educator, Community Health Worker, Public Health Educator

Focus: Educating the public about health issues, promoting healthy lifestyles, and preventing diseases through workshops, campaigns, and community programs.

Clinical and Direct Care

Roles: Nurse, Physician, Community Health Nurse, Midwife

Focus: Providing direct medical care and health services to individuals and families within the community, often focusing on underserved populations.

Public Health Administration and Policy

Roles: Public Health Administrator, Health Services Manager, Policy Analyst

Focus: Managing public health programs, developing health policies, and ensuring effective delivery of health services at the community level.

Environmental Health

Roles: Environmental Health Specialist, Sanitarian, Occupational Health and Safety Specialist

Focus: Addressing environmental factors that affect health, such as water and air quality, waste management, and workplace safety.

Mental Health and Counseling

Roles: Mental Health Counselor, Clinical Social Worker, Substance Abuse Counselor

Focus: Providing mental health services; counseling; and support to individuals dealing with mental health issues, addiction, and other behavioral health concerns.

Research and Data Analysis

Roles: Epidemiologist, Biostatistician, Public Health Researcher

Focus: Conducting research to understand health trends, analyzing data to inform public health decisions, and evaluating the effectiveness of health programs.

Community Outreach and Advocacy

Roles: Community Outreach Coordinator, Health Advocate, Patient Navigator

Focus: Connecting community members with health resources, advocating for health equity, and helping individuals navigate the healthcare system.

Emergency Preparedness and Response

Roles: Emergency Management Director,
Public Health Preparedness Coordinator

Focus: Planning and coordinating responses to
public health emergencies, such as natural
disasters, disease outbreaks, and other crises.

Each of these categories plays a crucial role in
ensuring the health and wellbeing of
communities. If you are interested in any
specific category or role, I can provide more
detailed information about the required
education and typical job responsibilities.

To learn more about the community health
pathway and related career opportunities, share
a video such as:

<https://www.youtube.com/watch?v=WcA8bDDuVtE>

https://www.youtube.com/watch?v=8UQAUmw_8rU

<https://www.youtube.com/watch?v=vSkCc5coS7c>

Community Health Occupations

Note Sheet

Occupations relating to community health. – What Is...?	Things That Appeal to Me About this Occupation
Health Education and Promotion	
Clinical and Direct Care	
Public Health Administration/Policy	
Environmental Health	
Mental Health and Counseling	
Research and Data Analysis	
Community Outreach and Advocacy	
Emergency Preparedness and Response	

Lesson One – Career Opportunities in Community Health

LEARN: Research Project

30-90 minutes

Purpose:

The purpose of this activity is to have participants take a closer look at related community health career options. Participants will research an occupation of their choice. Information learned from the research will be shared with the group via a brief presentation.

Materials:

- Library and internet resources
- *Career Exploration Research Summary* worksheet

Facilitation Steps:

1. Have students choose one of the careers to explore further and distribute the *Career Exploration Research Summary* worksheet.
2. Tell students that they can use the internet or other sources in the library for their research. Here are a few helpful websites:
 - www.bls.gov
 - <http://www.bls.gov/ooh/>
 - www.careerinfonet.org
3. Give students one or two class periods to complete their research. You can also assign this as homework. Students should prepare a five-minute presentation about this career, including the information on the summary sheet.
4. Have each student present their chosen community health career to the group.
5. Here is a suggested grading rubric for the class presentation:
 - 30 points – Completed all information on the *Career Exploration Research Summary* worksheet
 - 20 points – Prepared for the presentation
 - 20 points – Presentation content was clear, concise and gave a good understanding of the chosen career
 - 20 points – Demonstrated the ability to think critically, taking information from other sources to create something new
 - 10 points – Demonstrated time management skills by delivering a well-planned, five-minute presentation

Name: _____

Date: _____

Career Exploration Research Summary

Research mental health and counseling as it relates to community health. Complete this worksheet for your career choice. Possible sources for information include your school library, public library, Bureau of Labor Statistics website, Occupational Outlook Handbook website, and other career-related websites on the internet.

Career name: _____

Degree or licenses required: _____

Length of time to complete training or earn degrees: _____

Average starting salary: _____

Job outlook: _____

Short job description:

Skills a person should have to be successful in this career:

Sources used for this project:

Lesson One – Career Opportunities in Community Health

REVIEW: Career Panel Discussion

45-60 minutes

Purpose:

Hear from community health professionals who work in a variety of careers.

Materials:

- Panel of 3-5 local professionals who work in community health

Facilitation Steps:

1. Contact local community health businesses or organizations and invite them to attend a panel discussion in your class. Also, local professionals from a variety of related businesses would provide additional and interesting perspectives.
2. The day of the panel discussion, set up your space so that there is a table with seating for all panel members at the front of the room. If sound is an issue, have a microphone available.
3. Invite participants in the audience to ask questions to panel members. Remind participants ahead of time to keep questions relevant to work. You may ask participants to submit questions in advance, if desired.

Lesson Two – Career as a Mental Health Counselor

Lesson Overview

In this lesson, participants will explore an occupation as a mental health counselor. Participants will learn about typical job duties, pay, job outlook, and potential for several positions relating to being a mental health counselor.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify what a mental health counselor is and does
- Compare and contrast the roles and requirements of a variety of counselor-related careers
- Discuss the impact and job outlook of counselor-related jobs

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• Mental health counselor videos (choose one) • <i>What Is a Mental Health Counselor Notes Sheet</i>	1. Print the <i>What Is a Mental Health Counselor Notes Sheet</i> (one per participant).	10-15 minutes
LEARN	• Mental health scenario	1. Prepare to share videos.	45 minutes
REVIEW	• <i>Career Collage</i> • Career Collage Graffiti Space (made with a large piece of bulletin board paper) • Index cards • Glue • Markers	1. Before this activity, create a large poster space for each of the careers on the <i>Career Collage</i> page. Label each space with one of the career titles on the worksheet list.	25 minutes

Lesson Two – Career as a Mental Health Counselor

FOCUS: What Is It?

10-15 minutes

Purpose:

Participants gain an overview of what a mental health counselor is.

Materials:

- Mental health counselor videos (choose one)
- *What Is a Mental Health Counselor Notes Sheet*

Facilitation Steps:

1. Share these statistics with the participants:
The projected mental health counselor job growth rate is 19% from 2023-2033. About 84,500 new jobs for counselors are projected over the next decade. The median counselor salary was \$53,710 in 2023.
2. Define “mental health counselor” for students. According to the Bureau of Labor Statistics:
Mental health counselors advise people on a range of issues, such as those relating to alcoholism, addictions, or depression.
3. Ask participants to identify what they think the benefits of working as a mental health counselor are. Explain that they are going to watch a short video that introduces them to this as a career. Give students the *What Is a Mental Health Counselor Note Sheet*.
4. Play a few mental health counselor videos of your choice. Here are a few suggestions but there are many more available online.
<https://www.youtube.com/watch?v=IPZgfXGC8Xk>
<https://www.youtube.com/watch?v=UpsQX4nxZUI>
<https://www.youtube.com/watch?v=FtqzKcouqJY>
If you choose not to watch the video, you can have participants complete the note page using their own research or opinions on the answers.
5. After the video is done, go through the *What Is a Mental Health Counselor Notes Sheet* and ask participants to share answers.

What Is a Mental Health Counselor Notes Sheet

1. What qualities would a good mental health counselor have?
2. How can you become a mental health counseling professional?
3. What types of duties would you have as a mental health counselor?
4. What kind of job market is there, currently, for mental health counselors?
5. What would be the most difficult part of being a mental health counselor?

Lesson Two – Career as a Mental Health Counselor

LEARN: Adding to What You Know

45 minutes

Purpose:

The purpose of this activity is to have participants understand what it would be like to be a mental health counselor.

Materials:

- Mental Health Scenario

Facilitation Steps:

1. Share the following scenario with students:

Cassie, a 28-year-old woman, has been experiencing increased anxiety and stress over the past few months. She recently started a new job, moved to a new city, and is struggling to balance her personal and professional life. Cassie feels overwhelmed and is having difficulty sleeping and concentrating.

2. Divide students into small groups and have them come up with a series of questions they would ask this client if they were a mental health counselor.

Questions should relate to the scenario and try to help uncover information that may be helpful in reaching a solution.

3. Bring the group back together and ask what questions they believe an effective counselor would ask.

4. Share these recommended questions:

- Can you tell me more about the specific situations or events that have been causing you stress and anxiety?
 - This question helps identify the root causes of Cassie's anxiety and stress
- How have you been coping with these feelings so far?
 - Understanding Cassie's current coping mechanisms can provide insight into what might be helpful or unhelpful for her

- Have you noticed any changes in your sleep patterns, appetite, or energy levels?
 - This question helps assess the physical impact of Cassie's anxiety and stress
 - What support systems do you have in place, such as friends, family, or colleagues?
 - Identifying Cassie's support network can help the counselor understand who she can rely on for support
 - What are some activities or practices that have helped you relax or feel better in the past?
 - This question can help the counselor suggest personalized strategies for managing Cassie's anxiety and stress
5. Have the group get back together and give each group one potential strategy that a mental health counselor could use with Cassie. Each group should research the goal of that strategy and how the counselor can use it.
 - Cognitive behavioral therapy
 - Mindfulness and relaxation techniques
 - Time management and organizational skills
 - Sleep hygiene education
 - Building a support network
 - Physical activity and healthy lifestyle choices
 - Exploring hobbies and interests
 - Professional development and career counseling
 6. Call the group back together and have students share their findings with each.

7. Share information about these potential strategies:

Cognitive Behavioral Therapy (CBT)

Goal: Help Cassie identify and challenge negative thought patterns and develop healthier thinking habits.

Method: The counselor can work with Cassie to recognize irrational thoughts and replace them with more balanced and realistic ones.

Mindfulness and Relaxation Techniques

Goal: Reduce Cassie's overall stress levels and improve her ability to stay present.

Method: Teach Cassie mindfulness meditation, deep breathing exercises, and progressive muscle relaxation to help her manage anxiety in the moment.

Time Management and Organizational Skills

Goal: Help Cassie feel more in control of her personal and professional responsibilities.

Method: Assist Cassie in creating a structured schedule, setting realistic goals, and prioritizing tasks to reduce feelings of being overwhelmed.

Sleep Hygiene Education

Goal: Improve Cassie's sleep quality, which can significantly impact her overall wellbeing.

Method: Provide tips on establishing a regular sleep routine, creating a restful sleep environment, and avoiding stimulants before bedtime.

Building a Support Network

Goal: Ensure Cassie has a reliable support system to lean on during stressful times.

Method: Encourage Cassie to reach out to friends, family, or support groups and discuss ways to strengthen these connections.

Physical Activity and Healthy Lifestyle Choices

Goal: Enhance Cassie's physical and mental health through regular exercise and a balanced diet.

Method: Suggest incorporating physical activities she enjoys into her routine and making healthier food choices.

Exploring Hobbies and Interests

Goal: Provide Cassie with positive outlets for stress relief and enjoyment.

Method: Encourage Cassie to engage in hobbies or activities that bring her joy and relaxation.

Professional Development and Career Counseling

Goal: Address any job-related stress and help Cassie feel more confident in her new role.

Method: Offer resources for professional development, such as workshops or mentoring, and discuss strategies for managing work-related stress.

Follow Up

The counselor should schedule regular follow-up sessions to monitor Cassie's progress, adjust strategies as needed, and provide ongoing support.

Lesson Two – Career as a Mental Health Counselor

REVIEW: Reflection

25 minutes

Purpose:

Participants will reflect on the different paths you can take for a counselor-related career. They will research to assess their desire for a career in one of these areas.

Materials:

- *Career Collage*
- Career Collage Graffiti Space (made with a six pieces of bulletin board paper)
- Index cards
- Glue
- Markers

Facilitation Steps:

Before this activity, create an ample poster space for each career on the *Career Collage* worksheet. Label each area with one counseling career titles. Here are a few examples but there are many more: mental health counselor, addiction counselor, substance abuse counselor, marriage counselor, and school counselor.

1. Give participants the *Career Collage* worksheet and ask participants what they think a career collage might look like.
2. Explain that each participant will choose one of the counselor-related careers on the list provided or one of their own.
3. Explain that participants will have about 15 minutes to research one of these careers and take notes. From there, they will use the markers, index cards, and the *Career Collage* worksheet to add to their Career Collage Graffiti Space.
4. Encourage participants to write keywords and draw related images to create a graffiti wall all about the career they selected. All participants will work on the graffiti wall that goes with their chosen career, so that multiple participants will work individually but on the same graffiti wall space.
5. Give participants time to research their selected careers and then use the index cards and other resources to complete the Career Collage Graffiti Space.

Career Collage

Instructions: Choose one of the careers listed below or one of your own. Use the space provided to research key facts about the career. Collect as much information as possible to assist you in creating the Career Collage Graffiti Wall. After completing the research, use the index cards, markers, etc. to add to the graffiti wall that corresponds to the career you selected from the list below. Take information from the research notes below.

Mental Health Counselor Related Career Options: (choose one and circle it)

Mental health counselor
Addiction counselor
Substance abuse counselor

Marriage counselor
School counselor
Other: _____

Main Duties:	Required Training:
Job Outlook:	Other:

Lesson Three – Career as a Mental Health Program Manager

Lesson Overview

In this lesson, participants will explore a career as a mental health program manager. Participants will learn about typical job duties, pay, job outlook, and potential for several positions relating to being a mental health program manager.

Lesson Objectives

After completing this lesson, participants will be able to:

- Identify what a mental health program manager is and does
- Describe what a typical day is like for a mental health program manager
- Determine if this is a career path that could be a good choice for them

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• A Day in the Life of a Mental Health Program Manager videos • <i>A Day in the Life of a Mental Health Program Manager Notes Sheet</i>	1. Print the <i>A Day in the Life of a Mental Health Program Manager Notes Sheet</i> (one per participant).	10-15 minutes
LEARN	• <i>Creating an Infographic: What's the Mental Health Program Manager Buzz?</i> • Internet access	1. Print the <i>Creating an Infographic: What's the Mental Health Program Manager Buzz?</i> Worksheet (one per participant). 2. Model infographic sample websites.	45 minutes
REVIEW	• <i>Mental Health Program Manager Is/Is Not the Career Field for Me</i> worksheet • Infographics from the Learn portion of the lesson	1. Print the <i>Mental Health Program Manager Is/Is Not the Career Field for Me</i> worksheet (one per participant).	20 minutes

Lesson Three – Career as a Mental Health Program Manager

FOCUS: What Is Agriculture Economics?

10-15 minutes

Purpose:

Students will receive an overview of just how crucial the role of a program manager is in mental health.

Materials:

- A Day in the Life of a Mental Health Program Manager videos
- *A Day in the Life of a Mental Health Program Manager Notes Sheet*

Facilitation Steps:

1. Share this information: A mental health program manager works in a mental health clinic, hospital, or another healthcare facility. As a mental health program manager, you oversee all aspects of the program. Your responsibilities include managing responses to patient behavior and providing support to mental health workers. Other duties involve ensuring program progress through consistent care as developed by you and other senior mental health staff. You work collaboratively with staff and use your superior communication skills to ensure the safety of staff and patients. Privacy is a chief concern, and you work to develop policies to safeguard patient and family confidentiality.

Employment of mental health program managers is projected to grow 29 percent from 2023 to 2033, much faster than the average for all occupations.

About 61,400 openings for Medical and Health Services Managers are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

2. Ask participants what they think a typical day is like in the life of a mental health program manager and distribute the *A Day in the Life of a Mental Health Program Manager Notes Page* worksheet.
3. Have participants complete the column about what they already know and what they would like to know about a career as a mental health program manager.
4. Play the *A Day in the Life* video of related occupations for counseling program managers:
<https://www.youtube.com/watch?v=jOvg1vf7ID4>
<https://www.youtube.com/watch?v=I6go6NBDiu4>
<https://www.youtube.com/watch?v=KJzLUB8IF04>
5. Have participants complete the third column on the notes page, identifying what they learned in the video clip.
6. Go through the notes page as a class and ask participants to share answers.

A Day in the Life of a Mental Health Program Manager Notes Page

Instructions: Identify what you already know about being a mental health program manager, what you want to know, and what you have learned during the video.

Know	Want to Know	Learned

Lesson Three – Career as a Mental Health Program Manager

LEARN: Mental Health Program Manager Deep Dive

30-45 minutes

Purpose:

The purpose of this activity is to have participants better understand what mental health program managers do.

Materials:

- *Creating an Infographic: What's the Mental Health Program Manager Buzz?*
- Internet access

Facilitation Steps:

1. Distribute the *Creating an Infographic: What's the Mental Health Program Manager Buzz?* worksheet and explain that participants will make a digital infographic about this career field.
2. Share a sample infographic so they understand the look and feel of a typical infographic.
<https://impact.economist.com/projects/ready-for-100/infographic-career/>
<https://www.edynamiclearning.com/career-exploration-infographic/>
3. Encourage participants to make sure their infographics include the required information. Using color, images, and a unique layout will make the infographic visually appealing for others.
4. Have participants print and post their infographics in a conspicuous location for use during the Review part of the lesson.
5. Allow time for participants to view infographics created by their peers.

Creating an Infographic: What's the Mental Health Program Manager Buzz?

What is an infographic?

An infographic is a collection of pictures, charts, and text that gives an easy-to-understand overview of this occupation.

As you prepare to make your infographic digitally, use the Internet to research the following information:

- ☐ Career as a mental health program manager
- ☐ Education requirements
- ☐ Primary duties/responsibilities
- ☐ Professional organizations
- ☐ Work environment

Other requirements:

- ☐ At least one image or chart
- ☐ Neatness
- ☐ Use of some color
- ☐ Creative layout
- ☐ Large enough fonts for ease of reading information

Lesson Three – Career as a Mental Health Program Manager

REVIEW: Reflection

20 minutes

Purpose:

Participants will reflect on what they have learned about being a mental health program manager and decide if this career is or is not a field for them to consider.

Materials:

- *Being a Mental Health Program Manager Is/Is Not the Career Field for Me*
- Infographics created and posted by participants in the Learn portion of the lesson

Facilitation Steps:

1. Distribute the *Being a Mental Health Program Manager Is/Is Not the Career Field for Me* worksheet.
2. Instruct participants to review the worksheet.
3. Have participants walk through the gallery of infographics they made in the last section and respond to facts they observe on the infographics. Based on the number of participants/infographics to review, provide about 15 minutes for this activity.
4. Once participants complete the worksheet, provide an opportunity for them to discuss what they recorded in each section of the worksheet.
5. Allow participants to share their thoughts about a career in as a mental health program manager before wrapping up this lesson. Specific questions might include: What would you enjoy? What would you find the most challenging?

Being a Mental Health Program Manager Is/Is Not the Career Field for Me

Instructions: Record information from the infographics in the spaces provided. Circle in the title if this career is or is not for you.

This is interesting!	Shocking Info?!?!?!?	Is this for real?
I want to know more about this:	This sounds like something I would like:	I am not too sure about this:
I have a question:	I want to remember this:	Other (you choose):

Lesson Four – Careers in Behavioral Psychology

Lesson Overview

Behavioral psychology is a branch of the field that analyzes human behavior and treats mental issues based on the theory that all behaviors are the result of environmental stimuli and positive or negative reinforcement. Understanding what being a behavioral psychologist is like is the focal point for this lesson.

Lesson Objectives

After completing this lesson, participants will be able to:

- Compare and contrast the roles and requirements of careers as a behavioral psychologist in different settings
- Identify typical job duties performed by behavioral psychologists

Lesson at a Glance

Activity	Materials	Preparation	Approximate Class Time
FOCUS	• Behavioral psychologist career videos • <i>Pros and Cons</i> worksheet	1. Print the <i>Pros and Cons</i> worksheet (one per participant). 2. Prepare to share videos.	15 - 25 minutes
LEARN	• <i>Behavioral Psychologist for a Day</i> worksheet • Internet access	1. Print the <i>Behavioral Psychologist for a Day</i> worksheet (one per participant).	20-30 minutes
REVIEW	• <i>Behavioral Psychologist Careers Investigation Station</i> worksheet	1. Print the <i>Behavioral Psychologist Careers Investigation Station</i> worksheet (one per participant).	20 minutes

Lesson Four – Careers in Behavioral Psychology

FOCUS: Healthcare Versus Academic Setting

15-25 minutes

Purpose:

This part of the lesson will take a look at what it is like to work in two different settings in behavioral psychology.

Materials:

- Behavioral Psychology videos
- *Pros and Cons*

Facilitation Steps:

1. Share these statistics with the participants:

Overall employment of psychologists is projected to grow 7 percent from 2023 to 2033, faster than the average for all occupations.

About 13,000 openings for psychologists are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

2. Ask participants how they think working in a healthcare setting differs from working in an academic or research institution.

3. Share the information in these videos.

<https://www.youtube.com/watch?v=hl4rPBOKMQo>

<https://www.youtube.com/watch?v=sfCn8eSulOw>

<https://www.youtube.com/watch?v=TZvmOsM1C6U>

4. Distribute the *Pros and Cons* worksheet and have students use the internet or their own background knowledge to complete it.
5. Go through the worksheet as a class and ask participants to share answers.

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Lesson Four – Careers in Behavioral Psychology

LEARN: Behavioral Psychologist for a Day

20-30 minutes

Purpose:

The purpose of this activity is to have participants better understand what it is like to be a behavioral psychologist on a typical workday.

Materials:

- *Behavioral Psychologist for a Day*
- Internet access

Facilitation Steps:

1. Distribute the *Behavioral Psychologist for a Day* worksheet.
2. Explain to participants that, using the internet and their knowledge, they will create a detailed journal for what their day might be like.
3. Encourage participants to make sure their detailed journal entries contain accurate information for working as a behavioral psychologist.
4. If time allows share an A Day in the Life video:
<https://www.youtube.com/watch?v=omyMVhm6TFk>
<https://www.youtube.com/watch?v=m8v18H2GeeY>
<https://www.youtube.com/watch?v=BKcUIBBEa74>
<https://www.youtube.com/watch?v=HbhUKO4rkqM>
5. Divide participants into groups of four and have them discuss their detailed journal entries.

Behavioral Psychologist for a Day

Use the space provided to record the details of your day as a behavioral psychologist. Use personal knowledge and information from the Internet information to make your journal sound as interesting and accurate as possible.

Time	Activity	My Reaction

Lesson Four – Careers in Behavioral Psychology

REVIEW: Reflection

20 minutes

Purpose:

Participants will reflect on the different careers in behavioral psychology. They will complete a short research project to learn more about career opportunities.

Materials:

- *Behavioral Psychology Career Investigation Station*

Facilitation Steps:

1. Distribute the *Behavioral Psychology Career Investigation Station* worksheet.
2. Instruct participants to complete a short research project to learn more about this career path.
3. Once participants complete the worksheet, have them discuss what they recorded in each section.
4. Allow participants to share their thoughts about a career as a behavioral psychologist questions can be: What would you find most interesting? What would be the most challenging for you?

Behavioral Psychologist Career Investigation Station

Instructions: Use the Internet to research more about a career in behavioral psychology.

Choose the type of occupation you wish to investigate: Clinical Behavioral Psychologist Academic Behavioral Psychologist (instructor) Research Behavioral Psychologist Other:	Job Description (list at least 3 requirements): 1. 2. 3. 4. 5.
Required Training:	