

I want to be a Psychologist!

If you have a cold or a broken leg, you go to the doctor for some help to feel better. Well, sometimes people (kids and adults) have a problem that can't be seen as easily. When people have problems or trouble with emotions, sometimes they see a psychologist. They are experts in the ways people think, feel and act. Psychologists help people understand feelings, take care of problems and cope with difficult situations. Their job is to help people do better and feel better. Psychologists do their work mainly by listening to and talking with people.

Psychology involves the study of the mind. Experts who specialize in various forms of psychology are known as psychologists. Psychologists need to have patience, compassion, a good understanding of people, good listening skills and excellent communication skills.



Clinical and counseling psychologists often come to mind when thinking about psychologists but there are many other areas psychologists can work in. Psychologists can specialize in a number of different fields, resulting in possible careers as a medical psychologist, behavioral psychologist, educational psychologist, health psychologist, forensic psychologist, social psychologist and more.



A job as a psychologist may involve observing patients, developing treatments, counseling groups and individual sessions, administering psychological tests, planning educational programs, writing reports and conducting research.

Psychologists and psychiatrists have similar sounding names and both work to relieve depression and mental stress but there are important differences. Psychiatrists are medical doctors and can prescribe medication as part of their treatments while psychologists primarily use counseling to aid their patients. They also have different training and educational backgrounds.

Important subjects related to psychology include English, chemistry, biology, mathematics and statistics. Most roles as a psychologist require a masters or doctoral degree.