

FROM FRESHMAN TO THERAPIST

Your Step-by-Step Guide to Launching a Career in Mental Health

Finding a career path in mental health can feel overwhelming, particularly in a field with so many possibilities. Whether you aspire to be a therapist, psychologist, or social worker, the first hurdle you face is obtaining a degree in psychology or a related field. This step is crucial as it provides the foundational knowledge and skills necessary for your future career.

We understand the emotional toll of feeling lost in your career choices. You may feel uncertainty and frustration creeping in. With our accredited programs, you can trust that you are receiving education from faculty with extensive experience in mental health settings, preparing you thoroughly for your career. Our graduates have gone on to excel in advanced studies and careers in the mental health industry, and you can, too.

Navigating the path to a fulfilling career can be stressful. Taking steps towards your degree can bring clarity and direction, opening doors to a meaningful career dedicated to helping others.

To help you overcome the obstacles in your journey, we've compiled five essential steps to guide you from your first year at Williams Baptist University to a successful career as a mental health professional:

Step 1: Engage with Faculty.

Reach out to your professors and advisors as soon as you enroll. They are invaluable resources for academic and career advice, helping you navigate the requirements for your degree and beyond.

Step 2: Explore Opportunities.

Familiarize yourself with the internships and practicums available through our program. Participating in these experiences will equip you with real-world skills and create connections in the mental health field.

Step 3: Cultivate Relationships.

Build relationships with your peers and faculty. Your time at Williams Baptist University is not just about acquiring knowledge; it's about creating a network that can support your career long after graduation.

Step 4: Stay Informed.

Attend workshops, seminars, and events related to psychology and child and family studies. Engaging with the community will reinforce your understanding and keep you motivated in your pursuits.

Step 5: Plan for Your Future.

As you approach graduation, begin preparing for graduate school applications if your goal is to further your studies. Engage with your advisors about your options, and ensure your resume reflects the skills and experiences gained throughout your undergraduate career.

Neglecting these steps means risking frustration and uncertainty about your future in mental health. You might miss invaluable career opportunities and feel unprepared for further studies or the job market. However, if you commit to these steps, you will graduate with confidence, positioned for a rewarding career that makes a positive impact on the world, surrounded by lifelong connections with your faculty and peers.

The time to act is now! Choosing our accredited programs is your first step towards a successful career in mental health. *Apply for your degree today!*



faculty & staff tips from WBU