

# Winatcollege#5

## WHAT CAN I DO WITH MY MAJOR? **Psychology...**

The **TOP JOBS** for people with a Degree in Psychology are as follows: Mental Health Technician, Mental Health Worker, Mental Health Counselor, Mental Health Case Manager, Residential Youth Counselor, Substance Abuse Counselor, Clinical Research Assistant, Case Manager, Social Services, Clinical Research Coordinator, School Social Worker, School Counselor, Research Assistant, Medical Secretary, Daycare Teacher, Social Worker, Medical Case Manager, Administrative Assistant, Family Service Worker, Home Health Aide, Crisis Counselor, Human Resources (HR) Manager, Licensed Professional Therapist, Marriage and Family Therapist. **If you are interested in learning the average salary and/or further education that might be needed for any of these careers, please make an appointment to see Rebekah in Housing!**

Next week we will look at top jobs for **Biology** majors.

## DO YOU CRAM FOR TESTS? **Read this...**

Research has shown that students who study regularly remember the material far better than those who do all of their studying in one marathon session. Meaning...if you tend to cram when it comes to test taking, you will not remember much! Cramming does not work because it places information into our brains in short-term storage. This is where you put everyday information that is not really worth remembering. What did you have for lunch three days ago? At one time, your brain knew that. Now it doesn't. The same thing happens with cramming. You know it...then you forget it.

In order to really *learn* we have to transfer information into long-term memory. Moving information to long-term memory is done by making information especially memorable or by repetition. **Here are some tips that can help you make information memorable:** Create an audio-visual for yourself like a rhyming acrostic. Write it and say it out loud. If possible, create or play with creating a demonstration for the information. Always talk about the information! Discussing information with others moves it to long-term storage. Lastly, the most proven way to commit something to long-term memory is to teach someone else. Teaching will help you retain 90% of the information! Once something is transferred from short-term to long-term memory, you can retrieve it far easier over a longer period of time.

## DO NOT FORGET ABOUT... **Village Study Nights**

Every Wednesday night from 9pm-11pm there are FREE TUTORS and STUDY GROUPS in our Village Café. This is a perfect routine for you to get into to avoid cramming. **If you have a request for a tutor in a certain subject**, simply email me at [rgregory1@csustan.edu](mailto:rgregory1@csustan.edu) and we can make that happen. Wow! Who knew? Now, you do! See you there!

