Youth Outreach Services  
http://yos.org

Family Care of Illinois  
www.familycareillinois.com

Thresholds  
http://thresholds.org

ChildServ  
www.childserv.org

Ann & Robert H. Lurie Children’s Hospital of Chicago  
https://luriechildrensjobs.silkroad.com/cmjobsext/Employment_listings.html

General Internship/Career Resources

- Cougarjobs.com (online resume/job listing database)  
  http://www.cougarjobs.com

- Internship Programs  
  www.internshipprograms.com

- Careerbuilder  
  www.careerbuilder.com

- Monster  
  www.monster.com

- Indeed  
  www.indeed.com

- Intern Match  
  http://www.internmatch.com/internship-categories

- After College  
  http://www.aftercollege.com/

- Inside Jobs (Explore a Variety of Careers)  
  http://www.insidejobs.com/

- What Can I Do With This Major  
  sxu.edu/student-life/career/students/career_choice/what_can_i/index.asp

Resume Walk-In Hours  
(during regular semester; no appointment necessary)  
Mondays and Wednesdays  
1 – 4 p.m.

Connect with us:  
www.CougarJobs.com  
Facebook: SXU Career Services  
Twitter: @SXUCareer  
LinkedIn: SXU Career Services

Resource Guide:  
Helping Professions:  
Psychology-Social Services

If you’ve picked up this handout, you’re already moving in the right direction towards finding a great internship or landing your first job! Career searches can be tough, especially if you don’t know where to start. Career Services wants to assist you in starting off on the right foot because substantive work experience allows you to:

- Contribute to the work of an organization and have something impressive to write about on a resume.
- Explore an organization and profession, and get one step closer to answering the BIG question: “What am I going to be when I grow up?”
- Enhance your skills, expand your knowledge, and develop increased confidence that yes, you can be successful in the world of work.
- Meet and develop relationships with professionals who often become mentors, role models, and friends. This is sometimes called networking—a scary term for an otherwise simple concept.
**Tips for a Successful Search**

- **Define your goals.**
  What area would you like to "test-drive" to see if you like it? Develop a list of criteria. Employers want applicants who understand their strengths and have specific goals.

- **Plan to spend time each week on your search.**
  Schedule and organize the time you spend on your search. Stay focused and motivated. It is easier and more effective to do a little each week instead of trying to do everything at once. Be proactive in your search.

- **Research and identify opportunities (also see resource list at the end).**
  There are three ways to find opportunities: A) You can search advertised listings; B) You can be proactive and approach employers that interest you, and C) You can build your network of people who can help you identify unadvertised listing. It's best to spend time on all three approaches.

- **Prepare and submit application materials.**
  Every employer has specific requirements; following instructions is key. Always send a cover letter with a resume unless it specifies otherwise.

- **Keep records and follow up.**
  Typically, the best time to follow up is a few days to a week after you think they have received your application. If at all possible, don’t leave a message. Keep calling at different times until someone picks up.

- **Interview effectively.**
  Career services staff can provide suggestions and strategies to help you interview with confidence and competence.

- **Make the decision that is right for you.**
  There isn’t one best internship or job opportunity. Career services staff can assist you in weighing all of your options;

**Getting Started: Information on Careers in Psychology**

- **Social Work** http://www.bls.gov/oco/ocos060.htm
- **Counseling** http://www.bls.gov/oco/ocos067.htm
- **Psychology** http://www.bls.gov/oco/ocos056.htm
- **Online Psychology Career Center** http://www.socialpsychology.org/career.htm
- **Career and Job Info in Psychology** http://www.oklahoma.net/~jnichols/careers.html
- **For Undergrads: What to do with Your Degree in Psychology, Margaret Lloyd** http://www.psywww.com/careers/
- **American Counseling Association** www.counseling.org
- **The Pursuing Psychology Career Page** http://www.unl.edu/walsh/linda1.html
- **Psych Careers** http://www.apa.org/careers/psycareers/
- **American Psychological Association** www.apa.org

**Internship and Career Resources**

- **Psi Chi** www.psi.org/links

- **Social Service.Com** http://socialservice.com
- **Higher Education Jobs** http://www.higheredjobs.com/
- **Academic 360 (higher education)** http://academic360.com
- **Action Without Borders (non for profits)** http://idealista.org
- **Human Service Career Network** http://www.lscareers.com/
- **Guidestar Non Profit Directory (database of social service/non profit orgs)** www2.guidestar.org
- **Social Service Department Internships, Circuit Court of Cook County** http://www.cookcountycourt.org
- **Donor's Forum (Chicago Area Non Profits)** http://npo.net
- **Youth Guidance** http://www.youth-guidance.org/get-involved/internships/
- **Department of Children and Family Services Internship** http://www.state.il.us/dcf/s/index.shtml
- **Elim Christian Services** www.elimcs.org/careers
- **South Suburban Family Shelter** http://www.ssfhs.org/09契fri
- **Crisis Center for South Suburbia** http://www.crisisctr.org/
- **Aunt Martha’s Youth Service Center** http://www.auntmarthas.org/
- **Metropolitan Family Services** www.metrofamily.org
- **Mercy Home for Boys and Girls** http://www.mercyhome.org
- **Pillars Community Services** www.pillarscommunity.org
- **South Suburban Council** www.sscouncil.org
- **Sertoma Centre** www.sertomacentre.org
- **Illinois Department of Human Services** http://www.dhs.state.il.us/page.aspx?Item=32657