



MORGAN

PSYCHOLOGY

ABOUT MY MAJOR

The Psychology major deals a lot with understanding the research behind psychology and understanding the mind, the brain, the way people act, and why they act that way. I think some people think that it's an easy major, which I don't agree with. There's a lot you have to put a lot of hard work into. You have to understand the research, understand how it applies to your major, as well as determine what information you need from the research and making sure that you're getting what you need out of it.

CHOOSING MY MAJOR

I always knew I wanted to help people in some way. I decided on the career I wanted to go into, which is clinical mental health counseling. From that, everything just kind of clicked. The only thing that really shifted was that at first, I wanted to be a clinical psychologist, so I wanted to get my Ph.D. Then I realized what I wanted to do could really be achieved by getting a master's degree in clinical mental health counseling. I decided that I could shift my route, but I never switched my major.

MINORS & CERTIFICATES

I have a Family Studies minor and a Mental Health minor. Mental health is really easy to pair with Psychology, and I also think that it's a very good baseline to have when you're dealing with Psychology, especially if you're going into counseling like I am. Family Studies also really interests me. There are lots of amazing classes in the Family Services area. Family therapy is a huge aspect of counseling a lot of times.

INTERNSHIPS

I did a cooperative education opportunity with the Center for Social Behavioral Research. I'm part of the behavioral risk factor surveillance system and I collected data for that. I'm a research telephone interviewer, so I call people typically in the State of Iowa. These interviews are conducted in all 50 states for the Iowa Department of Health and Human Services. It has been really great to understand the way people gather, research, and understand ways to minimize the influence of the interviewer on the results. You want as much accurate raw data as possible, and you must understand how to probe for information properly so that you understand exactly what the person is saying.

I also simulated client calls for substance use and gambling risk. This was about evaluating places in Iowa that help people who deal with those issues. That experience has been really eye-opening to understand the way that drugs and gambling can impact an individual, as well as how the system is set up to help people deal with those issues and how the state deals with that as well.

CAREERS

I will become a licensed professional clinical counselor, and I want to focus specifically on the trauma field and helping people overcome difficulties within that. I will be going to St. Cloud State University in Minnesota for their Clinical Mental Health Counseling program. It's a three-year program. I'm really excited.