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As a Thompson Rivers Alumni student I wanted to take this opportunity to talk about just how much the Psychology Department and the Honours program helped me to get to the career path I am on today. I graduated from TRU in 2011 with my Bachelor of Arts Majoring in Psychology along with completing a two semester Honors Thesis.

I am currently working at Seasons Consulting Group in Kamloops, BC as a Vocational Assistant under the direction of a Vocational Consultant. Seasons Consulting Group, www.SeasonsConsultGroup.ca, helps people recover after any severe injury or illness, including helping them return to work. We also run an employment program that helps people who are survivors of violence & abuse return to work or other career related activities. Recently, Seasons has also expanded its private services to helping people, including students, make decisions about developing their careers; just what do we do with those degrees, anyway? As a Vocational Assistant, I help my clients by consulting with them, administering comprehensive vocational assessments that determine their abilities, personality characteristics, and interests, and doing career and labor market research in order to help guide them toward a career best suited to them.

My experiences as a psychology student has been so beneficial to my work, in fact, one of the reasons I was hired is because of my educational background and the many mental health related cases I come across while working at Seasons. One of the reasons I decided to do an Honours Thesis while completing my undergrad was because I had always hoped to go on to do a Master's Degree and I knew that this would be an excellent way to prepare. The Honours Program and the Psychology program both taught me to think critically, work independently, to step out of the comfort of a classroom by presenting my thesis poster at 3 different conferences, and to broaden my knowledge base. I also had a very supportive honors supervisor who encouraged me to attend conferences, apply for a scholarship thesis, and has provided me with an excellent academic reference which is so valuable to have when applying for those career positions and Masters Programs. With much support from my employer, I am currently in the process of applying for the online Masters of Educational Counselling Psychology with a focus in Vocational Rehabilitation at the University of British Columbia. Upon completion of this program I will be able to work at Seasons Consulting as a certified Vocational Consultant and Registered Clinical Counsellor.

