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## The Program of Professional Development for Psychology Students “My Career”

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### Abstract

The article is devoted to the problem of professional development of an individual during their studies at the University. On the basis of empirical data the authors developed a program of psychological support for professional development of Psychology students and describe it in the paper.

**Keywords:** program, students, professional development of Psychology students, career, training and professional activities

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Currently the socio-economic conditions of society determine the development of market relations not only in the economy but also in the field of work and employment. Enterprises are reluctant to employ young people, thus the latter are not very often wanted in the labour market. In order to avoid such a situation young people should be aware of the situation on the labour market, be competitive and flexible in making all sorts of decisions, be able to shop themselves to employers. So they have to adequately assess their personal characteristics, abilities, opportunities and needs, as well as have a clear idea of their professional and life plans.

Thus, in modern conditions, professional self-determination and professional development involves a well-thought-out career choice, the career opportunities and self-development of personal potential, as well as the formation of a conscious attitude of the individual to the socio-cultural and professional and working environment (Pryazhnikov, Pryazhnikova, 2003; Stolyarenko, 2000).

The program “My profession” for Psychology students implemented at the University is one of the main and extensive ways to help students in their professional development. The university staff should have practical training and methodological equipment, the ability to prepare students to make their own

decisions on their future career. The program allows students to feel familiar with the features of their future profession. It is designed to help Psychology students choose the activity to meet their needs based on the analysis of personal potential, reduce the likelihood of mistakes in choosing a job and determining their professional career.

The purpose of the program “My profession”: formation and development of professional consciousness and professional determination during studies at the University.

The implementation of the Program allows solving the following career guidance tasks:

1. To provide individual training to meet the students’ needs in collecting information about the career of psychologist.
2. To enable students with the opportunity to decide if their choice of education at the University and professional activities after their graduation was proper or not and thus to follow the chosen path or change it.
3. To raise students’ awareness of the labour market in Vladimir and Vladimir region and support them in their employment.
4. To form independence in decision-making when choosing a future place of work.

Methodological basis of the program “My profession”: approaches to the study of activities, personality and its psychological characteristics of foreign and Russian authors (S.L. Rubinstein, A.N. Leontiev, L.S. Vygotsky, B.G. Ananiev, B.F. Lomov, A.F. Lazursky, Yu.A. Makarenko Z. Freud, A. Adler, A. Ising, etc.); approaches to the study of the professionograms (K. Platonov, I.P. Titov, and E.A. Klimov); H. Spielberger theory of anxiety; A.P. Chernyavskaya theory of occupational guidance ; classification and formula of professions by Klimov E. A.; studies of communication and organizational skills by B.A. Fedoryshyn; works by Pochebut L.G., Andreeva G.M., Parygin B.D., Karpov A.V., and others.

Program methods: conversation, group training, testing, individual consultation on request, excursions in the city organizations, lectures, watching video.

Program structure. The program consists of eleven sections, each including several meetings:

1. Life and professional self-determination is one of the most important steps in a person's life.
2. The world of the profession of a psychologist.
3. Abilities and career choice.
4. Character and profession.
5. Emotional attitude to the career.
6. Making decisions.
7. Career planning.

8. Professional maturity.

9. Visit to the National Public Institution of the Vladimir region “Employment Centre of the city of Vladimir”.

10. Visits to the organizations of the city of Vladimir.

11. Summarizing.

The content of the Program meets the following requirements:

1. Active forms of meetings.

2. Positive motivation of all those present, which is achieved through the awareness of students of the personal importance of the Program in terms of preparation for the future career.

Program duration. Classes are usually held once a week during 34 weeks. The duration of one meeting is 40 minutes.

The structure of the meetings. Each meeting begins with greeting, introduction to the topic of the lesson, the main part and reflection.

Modern socio-economic conditions determine fundamentally new requirements for the process of socialization of the younger generation. The program of professional development of Psychology students “My profession” is primarily associated with the satisfaction of individual educational interests and inclinations. In fact they are more important than basic and elective disciplines of the curriculum in developing further life plans and provide gratification with the information awareness related to their profession content.

## **Literature**

Pryazhnikov, N.S., Pryazhnikova, E.Yu. (2003). *Psychology of Work and Human Dignity: Textbook*. M.: Academy.

Stolyarenko, L.D. (2000). *Fundamentals of Psychology: Practical Course*. Rostov-on-Don: Phoenix.