

Work Experience with a Psychologist by Sreedha Jeyachandran

For the first week of my work experience I did my placement with a psychologist, Peadar. Psychology is something that really interests me, so I hoped this placement would give me a taste of psychology as a career. This profession involves a lot of confidentiality and GDPR so I could not shadow or observe the psychologist in action. Therefore, Peadar sent me around the county to interview psychologists with different backgrounds and specializations. I prepared a set of questions to ask each psychologist about their route to their career and their specialization. Peadar gave me a schedule and I had to interview around two per day. It was extremely interesting to see different responses to the same question. Most of them have distinct backgrounds as one worked in South Africa for 10 years and another in the States. This gave me an idea of the demand for psychologists. Every career has its own ups and downs. For psychology, it involves a lot of study and hard work for several years to secure a good job. Overall, I had great fun talking and meeting new people and learning about their experiences and hard work.