

## So You Want to Be a Psychology Major – Part 2

### LCCC Career Exploration Podcasts

Music:	<a href="#">00:06</a>	[Music]
Janet Maltbie:	<a href="#">00:07</a>	From the campus of Lorain County Community College. This is the career exploration podcast on college radio, heard around the world LCCRadio.com the boom. I am Janet Maltbie. We explore careers, college majors and more so you can be a success here on the LCCC campus and beyond. I believe completing a degree, pursuing passionate work and debt free living is key to your future. I'm here to help you on your journey and so are my guests. Today in our program, my special guest is Julie Ford and our topic of conversation is so you want to complete a degree in psychology. This is the second part of a two part series. In our previous podcast we discussed with Dr. Vince Granito, the many careers associated with the psychology degree. In this podcast we'll discuss with academic advisor, Julie Ford, the specific steps you need to take if you decide in majoring in psychology or if majoring in psychology is right for you.
Janet Maltbie:	<a href="#">01:04</a>	Since 2003 Julie has served the student body of Lorain County Community College as adjunct professor, financial aid specialist, and for the last 10 years, she's served as an academic advisor. She is kind and helpful and very knowledgeable on helping students complete a degree in psychology. Welcome to the program, Julie Ford.
Julie Ford:	<a href="#">01:25</a>	Thank you.
Janet Maltbie:	<a href="#">01:26</a>	Yeah. You see a lot of students...
Julie Ford:	<a href="#">01:27</a>	Yes.
Janet Maltbie:	<a href="#">01:28</a>	That are majoring in psychology. What are some common mistakes that students make?
Julie Ford:	<a href="#">01:35</a>	Um I think some of the mistakes they make, not knowing that they want psychology right away. Usually we get not all the time, but a lot of times we'll get a psychology major who at first maybe was into nursing or first maybe was going into IT, believe it or not, and then they come to us a little later. Now that's not a mistake, it's just a little bit of a misstep, a little bit of a way that we have to regroup and see what other things they need to take.

- Julie Ford: [01:59](#) I think to piggyback on some of the things that Dr. Granito said, it's in knowing that you have that passion and knowing that you want to do psychology and that it's a viable field, it's a, it's a viable, you know, a degree to get. And knowing that right away it helps you then to take the courses needed to get to your degree faster. But even if you come to me a little later, I can get you there.
- Janet Maltbie: [02:22](#) Right. Sometimes what I think is we do not have a two year psychology degree. So that means that if you want a degree in psychology, you're looking at a bachelor's degree and sometimes students don't even know what a bachelor's degree is.
- Julie Ford: [02:37](#) Correct.
- Janet Maltbie: [02:37](#) And they're not even thinking ahead of time about where they want to go in terms of do they want to go to Cleveland State, do they want to go to Kent State? Where, what is the end game here? For instance, if you want to do the Cleveland State partnership, there's certain classes that you ought to be taking. Can you speak to that?
- Julie Ford: [02:56](#) Definitely. And we have it well planned out. We work with Rochelle Lappis (CSU advisor) hand in hand to make sure those students can transfer out. But with any student that's pursuing psychology, either at an associate level, even though we do not have an associate in psychology, we have an associate of arts with an emphasis in psychology and that could be a good way to start, but some of the courses they would take to get towards a psychology degree. Once they assess and we see where they need to begin, we always begin with psychology 151 of course, the gateway course math 168, which is statistics. We get them there as soon as we can.
- Julie Ford: [03:32](#) We work with the math department and the math foundations lab to get them there. Intro to college. English 161, a lot of the basic courses for any degree, but definitely to begin with psychology 151 and to be gearing towards statistics.
- Julie Ford: [03:48](#) One of the interesting things that you do, Julie, is that you really connect students with faculty members. I really, really like that. And you do it early on because I've, I've known of students that have met with you and you've actually kind of walked them down to, you know, different areas of the campus and that is really, really helpful. Can you speak to that?

- Julie Ford: [04:08](#) I think it's important because sometimes being in a liberal and creative arts team, a student, so this speaks to psychology, but to journalism to our wonderful art program that we have over in the Stocker Center, they're not aware that these things are available at a community college level.
- Julie Ford: [04:25](#) And so sometimes they're with their parents or the student individually and to take them to where the podcasting is on, to take them to, yes, we have Boom Radio or over to the Stocker Center where look at, you know, the art gallery or things such as that. This is where the iLoft is. This is how you get started. A lot of our students are first generation and I was first generation and so it's intimidating to know where to go, how to do it. So my goal is if you can connect them to somebody, that's half the battle. And we're so lucky here at LCCC because we do have faculty that want to be engaged and that's a blessing. So if I take someone over and say, hey, do you have a moment to talk to them? Are you able to do this? The answer's always been yes.
- Speaker 2: [05:08](#) And so that's a good way to get them started and get them connected. Cause once they're connected, once they have that, they're going to move forward. Even if you take a step back, you're going to move forward because you have that connection. So that that's part of the key to their success.
- Janet Maltbie: [05:20](#) And one of the other things that you, I think is unique about you is that you've worked in financial aid as well and so you are aware of that component that students are very, very concerned about is how am I going to get through this degree without putting myself into a whole heck of a lot of debt? Can you speak a little bit about that?
- Julie Ford: [05:39](#) It becomes very important. Especially as they're beginning. This is intimidating to think the associate degree, the bachelor's degree, probably the master's degree, but I work hand in hand with financial aid to view scholarships, what scholarships are available, try to avoid any missteps. You know, what to say. A little knowledge could be dangerous, like you know enough to know that, but let's check on this and I've made my connections in financial aid so I can pick up the phone and call someone and we can see what needs to be done. Sometimes we're able to put off debt until that bachelor's degree before you have to incur debts of student loans. So it's in working with them to see where we can go, how we can do it.
- Janet Maltbie: [06:15](#) So I think one of the big takeaways is don't do this on your own. There's a lot of resources here that you are not going to be aware of if you just it seems like getting through a psychology

degree would be very easy. You just pick the classes that are in the catalog and away you go. But it really is beneficial to work with an academic advisor and also with the faculty that is on the campus. There's so many things out there for you.

- Janet Maltbie: [06:41](#) Cleveland State University partnership is a three plus one program, correct?
- Julie Ford: [06:45](#) Yes.
- Janet Maltbie: [06:45](#) Can you talk a little bit about that?
- Julie Ford: [06:47](#) It's a great benefit to our students. You complete 90 credit hours at Lorain County Community College, so you receive your associate of arts degree. In addition to that, you have 30 more credits that you will take at LCCC prices and then when you switch over to Cleveland State, it's 31 credit hours left and those credit hours can be taken here at our Partnership building. So it's a benefit because you don't begin paying Cleveland State tuition costs until after the 90 credit hours. You do not have to travel to downtown Cleveland. You will take the courses here in our partnership building.
- Janet Maltbie: [07:22](#) So all of the classes are here. You would complete your bachelor's degree on this campus?
- Julie Ford: [07:28](#) Correct.
- Janet Maltbie: [07:28](#) And never having to go to Cleveland State, correct.
- Janet Maltbie: [07:30](#) Right. Okay, great.
- Julie Ford: [07:32](#) Yeah, It's great.
- Janet Maltbie: [07:32](#) That's a great deal.
- Julie Ford: [07:33](#) Yeah.
- New Speaker: [07:33](#) All right. But the other thing that you do is for the student. That's one of your major roles is to help students help them transfer to another four year college. Correct. not necessarily CSU. Kent State The Ohio State a lot of the other, and you help them anticipate some of the classes that may or may not be accepted by those other four year colleges.
- Julie Ford: [07:55](#) Yes. Right.

Julie Ford: [07:56](#) So that's another reason to come in and see you. [inaudible]  
Thank you so much Julie, for coming in.

Julie Ford: [08:00](#) Thank you.

Janet Maltbie: [08:02](#) Do you have a special quote?

Julie Ford: [08:03](#) You know, I talked to my daughter about that and she goes, mom, you always tell us, let them know who you are. And I'll tell my students, you know what somebody's going to tell you no? Let them know who you are, move forward, do this. And so that's, yeah, that's a quote.

Janet Maltbie: [08:17](#) That's a quote that you like. How come you like that?

Julie Ford: [08:20](#) My dad always said it to us, you know, let the world know who you are. You have this special light, you have this special talent. Don't hide it. Show them who you are.

Janet Maltbie: [08:29](#) Vince, do you have a a quote?

Dr. Granito: [08:32](#) So I'm, I'm a runner. I compete in a lot of half marathons. And so the quote that I've always seen, it was from Martin Luther King that's, and it was, if you can't fly, run, if you can't run, walk, if you can't walk, crawl, if you can't crawl, do whatever you can to just keep moving forward. And that's a quote that's a Martin Luther King, and I know it's one that a lot of us in the running community sort of latch on to because sometimes when you're out in mile seven or eight marathon, you've got to think of, okay, I've got a whole day off a half a way to go yet.

Janet Maltbie: [09:10](#) So you have to really control your cognitions.

Dr. Granito: [09:13](#) Right, right, right.

Janet Maltbie: [09:16](#) Julie, thanks so much for speaking with us today. If you would like more information on completing a degree in psychology through Lorain County Community College, please call (440) 366-4033 and asked to make an appointment to see Julie Ford or a member of her team today. This program has been brought to you by the generous support of Enrollment, Financial, and Career services who remind you it's not too late or too early to begin your career journey at Lorain County Community College. You've been listening to the career exploration podcast on LCCC radio.com the boom. I'm Janet Maltbie. Thanks for listening.