

Top 5 Psychology Careers: Get Your Hands on the Hottest Career Trends

You've done the time, you've earned the degree, but now that your psychology training is behind you, what comes next? Seeing as though you studied psychology, you probably think you have life's answers figured out, until your rent is due and you realize, oh yeah, I need a job. So here's some help deciding where to apply your knowledge and what careers are the trendiest and most in demand in psychology today according to Helping Psychology online journal.

1. The most popular job right now is actually helping other people find jobs. Known as a career, vocational or employment counsellor, you can help candidates develop their own skills and assess what types of careers are best for them to prepare them for the job world.
2. If you want to delve into the complicated and misguided minds of children, a school psychologist is the second most popular career choice. You can work with kids as they grow and develop to interview, support and document their behavior.
3. Everyone needs counselling these days, so becoming a counsellor to help with addiction, mental disorders or even family problems is a great niche.
4. Genetics counselling is an important position to help families with genetic disorders and dealing with family diseases.
5. Finally, rounding out the list is the job for every CSI fan out there. A forensic psychologist is the go to person for court testimony and psychological profiles to help catch criminals. So take your love of crime dramas to the next level and discover the real world of crime and punishment.

If you want to really help people, you need to assess your own strengths first, so apply your training to yourself and figure out which niche of psychology fits you best. When you can figure out your own mind, you're well on your way to playing with other minds.

Answer the Ultimate Question: How do you Keep a Relationship Alive?

Studying psychology, analysing other people and then applying those same practices to your own life is not an easy task, especially when the challenge is figuring out the most elusive thing of all: the secret of love. Now, with Valentine's Day upon us, every boyfriend, girlfriend, husband and wife out there is racking their brain trying to find the answer, or at least buy enough chocolates to compensate. Well, there is a psychology to lasting love, or at least to build a lasting relationship that doesn't make you want to kill your partner.

Let's face it, we are all swayed by the power of romantic movies, but in the real world, beyond the butterflies and tingles that we all get with that first kiss, routine and

responsibilities set in. It's hard to keep the romance alive when work is stressing you out, the bills are piling up and the kids just won't stop crying, but there are things you can do on a daily basis to remind yourself of the one you love.

Dr. Bill Knaus of Psychology Today recommends finding the key that brought you together in the first place, because relying on love alone isn't enough. Learn to enjoy and appreciate your partner, even when they push all your buttons. Find something to do together that breaks the otherwise routine schedule of life. Share hobbies, find causes to support together and have fun.

It's been said time and time again that trust is the magic word in any good relationship, and psychologically it does make sense. When you feel supported and trusted you're able to be your true self and not worry about losing your partner during difficult times. This security goes a long way in building a strong relationship and helping you in other aspects of life. Similarly, displaying signs of compassion, empathy and sensitivity may be difficult at times when someone is driving you crazy, but the effort will go a long way in bringing two people together.

Finally, how many women have you heard complain about their men never listening to them? Communication is key on both sides of the fence, so expressing how you feel and being heard when you do is better than any box of chocolates. So save your money and find the friendship inside your relationship if you hope to make it last longer than the butterflies.

Get Into the Mind of your Teenager and Learn How to Be Friends Instead of Enemies

We've all been there; we argued with our parents, thought they'd never understand us and resented everything they did. It is the glory of the teenage years, but now that the roles have reversed and you are the parent, it's time to figure out what makes teens tick and how to avoid the same drama that you probably endured years before.

According to Psychology Today, many parents take the wrong approach when dealing with rebellious teens, and when both parents and kids get frustrated with each other, lashing out and saying the wrong things in the heat of the moment can cause tension in the relationship. It's natural to turn to yelling and blame when your kid does something wrong, but although your anger might feel good at the time, it will have the reverse effect. Instead try listening, showing understanding and accepting that you might not always be right. Yes, this means that sometimes your teen has a point.

Body language also plays a strong role. Crossing your arms or pointing fingers makes your kid feel like he's being demeaned or ignored, so even if your tone is gentle, your body can throw knives. Furthermore, we all have the bad habit of bringing up the past, but psychologically all you're doing to your child is reminding him of past failures and the fact that you can't let them go. Show forgiveness and don't hold grudges, showing your child that as hard as it may be, you can trust that he won't repeat his mistakes.

Teenagers are a handful in the best of times, so take a moment and think back to your adolescence. You were no saint and they won't be either, but with some deep breaths and maybe a new yoga regiment, it is possible to live sanely in the same house.

The Psychology of Social Networking: Are we That Lonely?

I cancelled my home phone the other day so I could afford to increase my internet speed, because if you want to get ahold of me, forget calling; find me on facebook. If you want to come to parties at my house, you'd better have a facebook account otherwise you won't get invited. I even met my husband online. Sci-fi movies were made about this phenomenon, but I, like most of you, am living in the movie. Facebook, My Space, Twitter; if you don't belong to one of these social networking sites, you are by today's standards a social outcast, and be sure to have plenty of friends because the popularity contest online is fierce. They've even created a new set of vocabulary: "I'll facebook you tonight", "I've been de-friended!" or "Did you see that tweet?" 5 years ago I would have said, what the heck is a tweet?? I'm not a bird! So, why are these sites taking over our lives, and what do we really get from them?

It's no lie that the internet has created a global village, but it seems the closer we get to each other, the more desperate we are for a connection. Psychology Today says that we crave communication; we are reaching out to make contact with anyone and everyone, but it's gone beyond simply making friends. Sites like Facebook and Twitter prove that we aren't looking for companionship, we are looking to be heard. How many times have you wondered what possessed your friend to post "Drinking tea" as her status, but if we explore the psychology behind this we can interpret that this mundane message is her way of expressing herself and being heard among her peers.

There have also been numerous studies connecting our attachment to social networking with mental and emotional disorders. It creates and fuels addictive personalities, and also reinforces our insecurities. Posting only your best pictures, coming up with witty status updates and of course, ensuring your ever-growing number of friends are necessary behaviors in order to prove your status in this very public world, but is it any surprise? Popularity has been a psychological high forever, and these sites are simply taking the contest to the next level. It can be a confidence boost or bust, but however

you see it, it's become a deep part of our lifestyles, so set up your profile and let yourself be heard.