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As the butt of a few too many jokes, the psychology major may seem like a waste of a degree to many students, but the major is more beneficial than one may realize.

Abbie Vanderhyden, sophomore psychology major, describes why she chose her major.

“For me, it matters because studying psychology will get me one step closer to my ultimate goal, helping others. I think psychology matters because it affects everyone, it’s relevant to everyone. We use psychology every day in the way we interact, in the choices we make, everything,” Vanderhyden said.

The major teaches students about the mind, but also develops skills within its students that can be useful in many fields.

“A major in psychology teaches you to understand people better, which in turns makes you a better communicator,” Vanderhyden explained.

“You develop critical thinking skills because people are unpredictable, and at times you’ll have to think outside of the box when working with them … If you focus on the counseling side of things it will teach you how to be more compassionate. If you decide to focus more on research, you’ll learn how to use statistics and analyze data,” she said.

If the study of mental functions seems appealing, but the job market doesn’t seem fit for it, students may be excited to learn that the program will open more than just one career door after university life.

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