

A photograph of a university campus during autumn. In the foreground, a paved walkway leads through a grassy area with trees displaying vibrant yellow and orange leaves. Several students are walking along the path; some are carrying coffee cups and trays. A black lamppost stands prominently in the middle ground, featuring a banner with the Eastern University logo and the text "EASTERN 1889". The background shows more trees and a building under a clear sky.

SOCIOLOGY PROGRAM

EMPLOYABILITY HANDBOOK

With thanks to Marsha Cwikla, Francelis Gonzalez-Pérez, Danielle Romanelli, Fiorella Otiniano, and David Zachas for their insights, and to the University of Sheffield, UK, whose Department of Sociological Studies Employability Handbook inspired this one.

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The Department of Sociology, Anthropology, Criminology and Social Work fully supports and advocates for an anti-racist department and campus. We commit to creating an anti-racist and inclusive space where our Black, Indigenous, People of Color (BIPOC) students, faculty and staff can study and work without fear of racial discrimination or violence of any kind. We commit to actively engaging in sustained efforts to create a more equitable department and campus community.

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“Sociology is more than a major at Eastern. It helps a person better understand the world and the people who live in it in a deeper way, which is something that you cannot learn with any other major.”
(Mackenzie M., Class of 2021)



I. Why have an employability handbook for Sociology?

To raise your awareness of what employability is

To explain how your employability is enhanced by majoring in Sociology at Eastern

To draw your attention to the many complementary opportunities beyond the major that can help you to further enhance your employability

To introduce you to the wide range of employment options for Sociology graduates

“Eastern's sociology major has given me the opportunity to develop strong written communication skills and it has given an even bigger appreciation for diversity and community. Strong skills that I will need in the future.” (Isabel R., '22)

“The Sociology major at Eastern has broadened my understanding of the world and helped me gain critical thinking and communication skills that I will take with me into my future.” (Pablo C., '21)



II. What is employability?

“Employability is a set of achievements—skills, understandings and personal attributes—that make graduates more likely to gain employment and be successful in their chosen occupations, benefiting themselves, the workforce, the community and the economy.”

- From “Learning for Life and Work Report of the Commission on Higher Education & Employability” (NEBHE, March 2018, p. 11)
https://nebhe.org/info/pdf/policy/Learning_for_Life_and_Work_Report.pdf



Salary Potential

\$79,750

Median Salary

\$42-147K

Salary Range

• U.S. Bureau of Labor Statistics

III. Key skills you will acquire

Our core and elective Sociology courses cover a wide variety of skills. For each category, we have highlighted a few sample classes that stand out for each attribute.

- | | |
|-------------------------------------|---|
| 100: Introduction To Sociology | 312: Sociology of Mental Illness |
| 107: Social Problems | 320: Video Games & Society |
| 208: Gay, Lesbian/Bisexual Lives | 346: Race And Ethnic Relations |
| 209: Juvenile Delinquency | 350: Research Methods |
| 212: Sociology of Families | 351: Statistics For Social Research |
| 220: Sociology of Corrections | 357: The Sociology of Development |
| 240: Sociology Of Gender | 358: Sociology of Labor |
| 250: Social Inequality | 373: Collective Behavior & Social Movements |
| 275: The Sociology of Globalization | 400: Senior Seminar |
| 276: Caribbean Society Structure | 480: Independent Study |
| 300: Sociological Theory | 492: Internship In Sociology |
| 311: Drugs & Society | |

1. Organizational Skills



- **Independent work:** showing initiative & making decisions on your own. [Soc. 300, 350, 400](#)
- **Workload management:** prioritizing & planning your work & meeting deadlines. [Soc. 350, 351, 400](#)
- **Self-management:** being punctual, time-keeping, attending & contributing to group tasks & projects. [Soc. 400, 492](#)

2. Written & Oral Communication Skills

- **Written communication:** essays, reports, research summaries & proposals. [Soc. 350, 400](#)
- **Verbal communication:** oral presentations, group discussions. [Soc. 208, 373, 400](#)
- **Interpersonal skills:** working successfully in a team towards a common goal, getting along well with colleagues, debating effectively. [Soc. 208, 400](#)



3. Numeracy and IT Skills



- **Computer literacy:** Using various software packages to retrieve, present & store information. [Soc. 320, 351](#)
- **Information literacy:** using information technology to find, evaluate, use & communicate relevant information. [Soc. 350, 351, 400](#)
- **Data analysis:** Collecting & analyzing primary qualitative & quantitative data, analyzing secondary qualitative & quantitative data, interpreting statistics. [Soc. 275, 300, 351, 357, 358, 400](#)

4. Intellectual and Research Skills

- **Qualitative research methods:** applying qualitative methods (interviews, focus groups, observations) to social problems & issues. [Soc. 240, 350, 400](#)
- **Quantitative research methods:** applying quantitative methods (questionnaires, statistical testing, numerical modelling) to social problems & issues. [Soc. 350, 351, 400](#)
- **Research ethics:** planning, organizing & carrying out research in an ethically-informed way to ensure rigor, respect & responsibility. [Soc. 209, 350, 351, 400, 480](#)
- **Awareness of work, employment & business:** understanding the national & global work, employment & business environment, assessing relevant ideological & ethical issues. [Soc. 275, 357, 358, 375, 480, 492](#)



5. Understanding Diversity



- **Cultural & political awareness:** demonstrating cross-cultural awareness, supporting equality & diversity issues, showing civic responsibility. [Soc. 100, 107, 208, 240, 250, 275, 276, 346](#)
- **Understanding Diverse experiences:** Ability to recognize multiple perspectives and relate to diverse people and having global awareness. [Soc. 100, 107, 208, 275](#)
- **Social responsibility:** critiquing the status quo, understanding the dynamics of inequality, becoming an active citizen. [Soc. 209, 212, 220, 275, 311, 375, 400](#)

6. Critical Thinking

- **Thinking sociologically:** Understanding the complexity & diversity of social situations & organizations, reflecting on the role of historical events & social processes, applying personal circumstances to the wider social context, applying theory to ‘real world’ situations. [Soc. 100, 107, 209, 212, 220, 275, 312, 400](#)
- **Developing a reasoned argument:** logical thinking & extracting supporting information by analyzing & evaluating a wide range of evidence. [Soc. 250, 300, 350, 351, 400](#)
- **Problem solving & applying sociological knowledge to the ‘real world’:** Developing solutions to social problems, assessing & evaluating policy. [Soc. 209, 220, 300, 311, 312, 351, 400](#)



IV. What do Sociology graduates do?



“Sociologists study social change, diverse communities and their interactions, and use scientific methods to find empirical answers to complex social questions. Studying sociology fosters creativity, innovation, critical thinking, analytic problem solving and communication skills. Sociology challenges you to see the world through the lens of different cultures and communities.”

American Sociological Association, “What Sociologists Do”



TABLE 1: OCCUPATIONAL CATEGORIES OF SOCIOLOGY BACCALAUREATES BY JOB STATUS

OCCUPATION	INTERNSHIP	PART-TIME (>35 Hours)	FULL TIME (35 hours or more)
Social Services, Counselors, Psychologists	54.8%	17.5%	26.5%
Clerical/administrative support	4.8%	12.5%	15.8%
Management	2.4%	5.8%	14.4%
Teachers, Librarians	4.8%	18.3%	8.1%
Services	0%	18.3%	8.3%
Sales, Marketing	0%	10.8%	10.1%
Social Science, Researchers	23.8%	12.5%	5.7%
Others	7.1%	2.5%	4.4%
Other Professionals (includes PR and IT)	2.4%	1.7%	6.8%
TOTAL	100%	100%	100%

Source: ASA Research and Development Department, *What Can I Do With a Bachelor's Degree in Sociology? Wave I and Wave II*

V. Alumni Profiles



Liselotte Hammer is pursuing a master's degree in sociology and criminology at the University of Bristol in England. "I had the best experience at Eastern. The classes were outstanding, my fellow students provided such a strong support system, but the best part was the professors. Every single one of them went out of their way to make sure their students understand the material."

Jennifer is a financial aid counselor at the University of St. Joseph. "I enjoy studying human interactions and how people present themselves in society. The study of sociology taught me to consider the societal factors that influence individuals and groups. I learned how to gather information, assess it, analyze it and incorporate theories about human behavior to help me better understand people."

Tanika is the Outreach Relationship Manager for the United Negro College Fund. "At Eastern I was inspired by a diverse group of students and experiences that helped develop my leadership skills."

VI. Where do Eastern Sociology graduates work?

These are a few of the exciting workplaces where some of our recent Sociology graduates are employed.

BUSINESS



CIVIL & PUBLIC SERVICE



COMMUNITY AGENCIES



United Way of Connecticut



EDUCATION

SCHOOLS & SCHOOL DISTRICTS

- ABCD Head Start, Bridgeport
- Capitol Region Education Council
- Counselor, Regional School District #8
- EASTCONN Autism Program
- Springfield JCC Early Learning Center
- Wethersfield Middle School
- Windsor Public Schools, special education

HIGHER EDUCATION

- Clarkson University
- Eastern Connecticut State University
- Stonehill College
- University of Connecticut
- University of Nebraska

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.”

-Dr. Martin Luther King, Jr.
(B.A. in Sociology, Morehouse College, 1948)



...AND MANY MORE!

VII. How can I get additional skills and experience?

1. Volunteer with the Center for Community Engagement



<http://www.easternct.edu/cce/>

- Volunteer your time in the Windham/Willimantic community. CCE offers semester-long opportunities and one-time events in a variety of fields, including schools and non-profit organizations such as the No Freeze Shelter, Big Brothers/Big Sisters, and Jumpstart.

2. Get involved with campus leadership activities

<http://www.easternct.edu/studentactivities/clubs-orgs/club-index/>

- Join Sociology Club
- Alpha Kappa Delta (Sociology Honor Society)

3. Do an Independent Study (SOC 480)

- In your junior or senior year (60+ credits), you may choose to work one-on-one with a faculty member on a research project that can be presented at a professional conference or at the CREATE Conference at Eastern.

4. Do an Internship for course credit (SOC 490, 491, 492, 493)

<https://www.internships.com/>

- In your junior or senior year, you may choose to do an on-campus or off-campus internship to develop professional skills. Students have interned with Horizons, Connecticut Children’s Medical Center, and many more.

5. Study abroad for a semester or take a Global Field

Course: <https://www.easternct.edu/global-studies/>



“Sociology gives you a worldly perspective and helps you to understand diversity & have empathy for people.” (Olivia S., '21).

VIII. What's next?

“The Eastern sociology major has given me a plethora of tools to use as I navigate the workforce and graduate school. We are taught to think critically about social phenomena and relationships, which makes us more aware of the world around us and provides us with different perspectives.” (Tara N., '21)

“Use your resources! Email professors, go to office hours, and ask questions. The professors welcome it, and it makes a world of difference.” (Alyssa L., '22)



Alpha Kappa Delta (AKD) Sociology Honor Society Inductees

Explore Eastern Career Network, which allows you to build your profile, upload your resume, complete a mock interview and search for internship and employment opportunities:



<https://easternct-csm.symplicity.com/>

Schedule an appointment with the Center for Internships & Career Development:
<https://outlook.office365.com/owa/calendar/CenterforInternshipsCareerDevelopment@myeasternct.onmicrosoft.com/bookings/>



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