

## Course Specification

Course Summary Information		
1	<b>Course Title</b>	BSc (Hons) Psychology and Counselling
2	<b>Course Code</b>	US0960
3	<b>Awarding Institution</b>	Birmingham City University
4	<b>Teaching Institution(s)</b> (if different from point 3)	
5	<b>Professional Statutory or Regulatory Body (PSRB) accreditation</b> (if applicable)	British Psychological Society (BPS)

6	Course Description
	<p>The BSc (Hons) Psychology and Counselling will be of particular interest if you are thinking about a career as a Counselling Psychologist, Psychotherapist or a Counsellor. The course has been carefully developed to enable graduates to gain the required knowledge base, practical skill and emotional awareness and maturity required for these, normally postgraduate professions. Whether or not further study is for you, an in depth exploration of – among other things - human development, mental health and distress and practical listening and relationship building skills will prepare graduates for range of people-focussed roles with adults, young people and children.</p> <p>This course integrates traditional psychology teaching with the theory and practice of counselling and psychotherapy into unified programme which enables an early focus on applied practice without any loss of the rigour of a pure psychology degree. The course team consists of chartered psychologists and accredited, practicing psychotherapists and counsellors, ensuring the theoretical and practical relevance of your student experience.</p> <p><b>What's covered in the course?</b></p> <p>While some modules focus more centrally on the discipline of psychology, and others on the associated field of counselling, the key focus throughout is on the integration of the two areas to offer a unique focus on both the theory and the practice of Psychology and Counselling. The optional work placement module in year 2 enables you to gain valuable practical experience, and this together with practice focussed modules in each year ensures a good balance between theory and practice throughout the course.</p>

7	Course Awards		
7a	Name of Final Award	Level	Credits Awarded
	Bachelor of Science with Honours Psychology and Counselling	Level 6	360
	Bachelor of Sciences with Honours Psychology and Counselling with Placement Year	Level 6	480
7b	Exit Awards and Credits Awarded		
	Certificate of Higher Education Psychology and Counselling	Level 4	120
	Diploma of Higher Education Psychology and Counselling	Level 5	240
	Bachelor of Science Psychology and Counselling	Level 6	300

8	Derogation from the University Regulations
	Not applicable.

<b>9</b>	<b>Delivery Patterns</b>		
<b>Mode(s) of Study</b>	<b>Location(s) of Study</b>	<b>Duration of Study</b>	<b>Code(s)</b>
Full Time	City Centre	3 years	US0960
Full Time with Placement Year	City Centre (and placement provider)	4 years	USXXXX

<b>10</b>	<b>Entry Requirements</b>
	The admission requirements for this course are stated on the course page of the BCU website at <a href="https://www.bcu.ac.uk/">https://www.bcu.ac.uk/</a> , or may be found by searching for the course entry profile located on the <a href="#">UCAS website</a> .

<b>11</b>	<b>Course Learning Outcomes</b>
<b>Knowledge and Understanding</b>	
<b>1</b>	Demonstrate knowledge and understanding of the GBC core syllabus topic areas in Psychology as stipulated by the British Psychological Society (BPS)/ Undergraduate Education Committee (UEC) and The Quality Assurance Agency for Higher Education (QAA) Subject Benchmark Statement (2010), and their empirical, theoretical and conceptual basis.
<b>2</b>	Understand the historical and scientific underpinnings of the discipline of Psychology and recognise how these underpinnings change across the core curriculum topic areas.
<b>3</b>	Understand how the six core areas in Psychology can explain factors that influence the mind, brain, behaviour and experience, and of the complex interactions between these.
<b>4</b>	Know how the core and derived specialised areas in Counselling, Psychology and Psychotherapy contribute to the understanding of contemporary issues and those issues that are at the forefront of the discipline.
<b>5</b>	Demonstrate knowledge and understanding of the two core curriculum topic areas of research methods and the practical component stipulated by the British Psychological Society/ Undergraduate Education Committee (UEC), and The Quality Assurance Agency for Higher Education (QAA) Subject Benchmark Statements (2010), which require, an examination of Quantitative and Qualitative Research Methods, data collection, statistical analysis, data analysis, measurement techniques, psychometrics and their appropriate application to research and practical laboratory work.
<b>6</b>	Understand the limits of Psychology as a discipline and the application of related disciplines such as Counselling and Psychotherapy to explain the interaction of the human organism as a whole in the social world.
<b>7</b>	Demonstrate knowledge and understanding of the role of brain functioning across multiple psychological perspectives which aid in the understanding of individual behaviour, experience and psychological phenomena.
<b>8</b>	Know how the main areas of Psychology, Counselling and Psychotherapy have developed, integrated and contributed to the growth of specialised areas that are underpinned by both disciplines.
<b>9</b>	Adhere to the ethical guidelines prescribed by specialised and academic institutional ethical bodies, which govern psychological and psychotherapeutic research.
<b>10</b>	Show knowledge of Psychology career prospects that are available for GBC graduates who would like to pursue a career in the field of Psychology, or work, research, training areas that are related to Psychology. Specific careers related to Counselling and Psychotherapy will be explored.

<b>Intellectual Skills</b>	
11	Reason scientifically, understand the role of evidence and make critical judgements about arguments in Psychology.
12	Adopt and integrate multiple perspectives and systematically analyse the relationships between them.
13	Detect patterns in behaviour, experience, and the ability to evaluate their significance in light of various psychological and psychotherapeutic perspectives.
14	Show application of the main perspectives in Psychology to the explanation of patterns in behaviour, psychological functioning, thinking and brain functioning.
15	Pose, formulate, and critique research questions.
16	Demonstrate competence in research skills through practical activities.
17	Generate and explore hypothesis and research questions.
18	Apply the main perspectives in Psychology, Counselling and Psychotherapy to contemporary issues.
19	Demonstrate skills of scientific writing and presenting results
20	Develop the ability to review and critically evaluate empirical evidence using a range of techniques.
21	Acquire the ability to plan, execute, and present an independent project under supervision.
22	Demonstrate the ability to formulate and apply appropriate ethical judgments when carrying out research.
23	Show application of Psychology literacy.
<b>Practical, Research and Independent Learning Skills</b>	
24	Employ appropriate statistical methods when undertaking psychological and psychotherapeutic research.
25	Initiate, design, conduct and report on an empirically based research project under appropriate supervision, recognise its theoretical, practical, and methodological implications and limitations.
26	Use a variety of psychological tools, including specialist software, laboratory equipment, and psychometric instruments.
27	Show the application of ethical considerations to data collection.
28	Demonstrate the reflection on perspectives in Psychology, Counselling and Psychotherapy and their application to one's own life and behaviour and experiences of others.
29	Make use of scholarly reviews and primary source material and gather information that is logical and appropriate which contribute to the formulation of balanced arguments.
30	Handle primary sources critically.
31	Apply problem-solving skills, and be aware that knowledge may require different approaches to problem solving.
32	Become independent and pragmatic as learners.
<b>Transferable Skills / Key Skills</b>	
33	Communicate effectively in a variety of modes.
34	Select, apply and evaluate appropriate numerical and statistical methods for complex tasks, and interpret data effectively.
35	Be computer literate, and use software applications, which are generic and discipline based.
36	Retrieve and organise information effectively.
37	Engage in effective teamwork.
38	Problem solve and reason scientifically.
39	Be sensitive to contextual and interpersonal factors.
40	Possess effective presentation skills.
41	Consolidate information effectively.
42	Construct Psychology reports.

<b>43</b>	Demonstrate key competencies and skills which are relevant to the study of the GBC syllabus.
<b>44</b>	Reflective practice.
<b>45</b>	Consolidate GBC skills, knowledge in the preparation for graduate destinations.
<b>46</b>	Accumulate e-technology skills attained from virtual learning platforms and Psychology supporting software.
<b>47</b>	Consolidate skills attained from working experiences where possible.
<b>48</b>	Consolidate skills attained from student engagement with staff led research projects where possible.

<b>12</b>	<b>Course Requirements</b>																																																																									
<b>12a</b>	<p><b>Level 4:</b>  <i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 100 credits):</i></p> <table border="1"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>PSY4043</td> <td>Self and Relationship</td> <td>20</td> </tr> <tr> <td>PSY4030</td> <td>Introduction to Psychology</td> <td>20</td> </tr> <tr> <td>PSY4045</td> <td>Psychology of Individual Differences and Personality</td> <td>20</td> </tr> <tr> <td>PSY4032</td> <td>Introduction to Research Methods and Statistics</td> <td>20</td> </tr> <tr> <td>PSY4044</td> <td>Non-Verbal Communication</td> <td>20</td> </tr> </tbody> </table> <p><i>In order to complete this course a student must successfully complete at least 20 credits from the following indicative list of OPTIONAL modules.</i></p> <table border="1"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>PSY4034</td> <td>Introduction to Psychopathology</td> <td>20</td> </tr> <tr> <td>PSY4035</td> <td>Parapsychology</td> <td>20</td> </tr> <tr> <td>PSY4041</td> <td>Popular Images</td> <td>20</td> </tr> <tr> <td>PSY4042</td> <td>Positive Psychology and Counselling</td> <td>20</td> </tr> </tbody> </table> <p><b>Level 5:</b>  <i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 100 credits):</i></p> <table border="1"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>PSY5067</td> <td>Counselling Skills</td> <td>20</td> </tr> <tr> <td>PSY5046</td> <td>Qualitative Research methods and Analyses</td> <td>20</td> </tr> <tr> <td>PSY5068</td> <td>Counselling Theories and Concepts</td> <td>20</td> </tr> <tr> <td>PSY5048</td> <td>Quantitative Research Methods</td> <td>20</td> </tr> <tr> <td>PSY5047</td> <td>Neuropsychology</td> <td>20</td> </tr> </tbody> </table> <p><i>In order to complete this course a student must successfully complete at least 20 credits from the following indicative list of OPTIONAL modules.</i></p> <table border="1"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>PSY5063</td> <td>Work Experience</td> <td>20</td> </tr> <tr> <td>PSY5064</td> <td>Stress and Disease</td> <td>20</td> </tr> <tr> <td>PSY5065</td> <td>Cultural Psychology</td> <td>20</td> </tr> <tr> <td>PSY5069</td> <td>Interpersonal Neurobiology</td> <td>20</td> </tr> </tbody> </table> <p><i>In order to qualify for the award of BSc (Hons) Psychology and Counselling with Placement Year a student must successfully complete the following module:</i></p> <table border="1"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>PLA5XXX</td> <td>Professional Placement Year</td> <td>120</td> </tr> </tbody> </table>		Module Code	Module Name	Credit Value	PSY4043	Self and Relationship	20	PSY4030	Introduction to Psychology	20	PSY4045	Psychology of Individual Differences and Personality	20	PSY4032	Introduction to Research Methods and Statistics	20	PSY4044	Non-Verbal Communication	20	Module Code	Module Name	Credit Value	PSY4034	Introduction to Psychopathology	20	PSY4035	Parapsychology	20	PSY4041	Popular Images	20	PSY4042	Positive Psychology and Counselling	20	Module Code	Module Name	Credit Value	PSY5067	Counselling Skills	20	PSY5046	Qualitative Research methods and Analyses	20	PSY5068	Counselling Theories and Concepts	20	PSY5048	Quantitative Research Methods	20	PSY5047	Neuropsychology	20	Module Code	Module Name	Credit Value	PSY5063	Work Experience	20	PSY5064	Stress and Disease	20	PSY5065	Cultural Psychology	20	PSY5069	Interpersonal Neurobiology	20	Module Code	Module Name	Credit Value	PLA5XXX	Professional Placement Year	120
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**Level 6:**

***In order to complete this course a student must successfully complete all the following CORE modules (totalling 100 credits):***

<b>Module Code</b>	<b>Module Name</b>	<b>Credit Value</b>
PSY6112	Counselling Ethics	20
PSY6096	Life Span Psychology	20
PSY6097	Integrative Psychology Project Based Module	40
PSY6095	Applied Social Psychology	20

***In order to complete this course a student must successfully complete at least 20 credits from the following indicative list of OPTIONAL modules.***

<b>Module Code</b>	<b>Module Name</b>	<b>Credit Value</b>
PSY6113	Integrative Counselling: Advanced Skills & Practice	20
PSY6106	Intellectual Disabilities	20
PSY6108	Gender and Sexualities	20

## 12b Structure Diagram

Please note list of optional modules is indicative only. Students' choice will not be guaranteed for optional modules but a fair and transparent process will be adopted and shared with students.

### Full Time

#### Level 4

SEMESTER ONE	SEMESTER TWO
<u>Core</u> PSY4030: Introduction to Psychology (20 credits) PSY4045: Psychology of Individual Differences and Personality (20 credits) PSY4043: Self and Relationship (20 credits)	<u>Core</u> PSY4032: Introduction to Research Methods and Statistics (20 credits) PSY4044: Non-Verbal Communication (20 credits)
<u>Optional</u> No optional modules in semester 1	<u>Optional</u> PSY4034: Introduction to Psychopathology (20 credits) PSY4035: Parapsychology (20 credits) PSY4041: Popular Images (20 credits) PSY4042: Positive Psychology and Counselling (20 credits)

#### Level 5

<u>Core</u> PSY5046: Qualitative Research methods and Analyses (20 credits) PSY5067: Counselling Skills (20 credits) PSY5068: Counselling Theories and Concepts (20 credits)	<u>Core</u> PSY5048: Quantitative Research Methods (20 credits) PSY5047: Neuropsychology (20 credits)
<u>Optional</u> No optional modules in semester 1	<u>Optional</u> PSY5063: Work Experience (20 credits) PSY5064: Stress and Disease (20 credits) PSY5065: Cultural Psychology (20 credits) PSY5069: Interpersonal Neurobiology (20 credits)

#### Level 6

<u>Core</u> PSY6096: Life Span Psychology (20 credits) PSY6112: Counselling Ethics (20 credits)	<u>Core</u> PSY6095: Applied Social Psychology (20 credits)
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<u>Core</u> PSY6097 Integrative Psychology Project Based Module (40 credits)	
<u>Optional</u> No optional modules in semester 1	<u>Optional</u> PSY6113: Integrative Counselling: Advanced Skills and Practice (20 credits) PSY6106: Intellectual Disabilities (20 credits) PSY6108: Gender and Sexualities (20 credits)



**Full Time with Professional Placement Year**
**Level 4**

<b>SEMESTER ONE</b>	<b>SEMESTER TWO</b>
<u>Core</u> PSY4030: Introduction to Psychology (20 credits) PSY4031: Psychology and Research Skills (20 credits) PSY4043: Self and Relationship (20 credits)	<u>Core</u> PSY4032: Introduction to Research Methods and Statistics (20 credits) PSY4044: Non-Verbal Communication (20 credits)
<u>Optional</u> No optional modules in semester 1	<u>Optional</u> PSY4034: Introduction to Psychopathology (20 credits) PSY4035: Parapsychology (20 credits) PSY4041: Popular Images (20 credits) PSY4042: Positive Psychology and Counselling (20 credits)

**Level 5**

<u>Core</u> PSY5046: Qualitative Research methods and Analyses (20 credits) PSY5067: Counselling Skills (20 credits) PSY5068: Counselling Theories and Concepts (20 credits)	<u>Core</u> PSY5048: Quantitative Research Methods (20 credits) PSY5047: Neuropsychology (20 credits)
<u>Optional</u> No optional modules in semester 1	<u>Optional</u> PSY5063: Work Experience (20 credits) PSY5064: Stress and Disease (20 credits) PSY5065: Cultural Psychology (20 credits) PSY5069: Interpersonal Neurobiology (20 credits)
<u>Core</u> PLA5XXX: Professional Placement Year (120 credits)	

**Level 6**

<u>Core</u> PSY6096: Life Span Psychology (20 credits) PSY6112: Counselling Ethics (20 credits)	<u>Core</u> PSY6095: Applied Social Psychology (20 credits)
<u>Core</u> PSY6097 Integrative Psychology Project Based Module (40 credits)	

<p><u>Optional</u></p> <p>No optional modules in semester 1</p>	<p><u>Optional</u></p> <p>PSY6113: Integrative Counselling: Advanced Skills and Practice (20 credits)</p> <p>PSY6106: Intellectual Disabilities (20 credits)</p> <p>PSY6108: Gender and Sexualities (20 credits)</p>
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### 13 Overall Student Workload and Balance of Assessment

Overall student *workload* consists of class contact hours, independent learning and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The *balance of assessment* by mode of assessment (e.g. coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

#### Level 4

##### Workload

##### 20% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	242
Directed Learning	298
Private Study	660
<b>Total Hours</b>	<b>1200</b>

##### Balance of Assessment

Assessment Mode	Percentage
Coursework	75%
Exam	13%
In-Person	13%

#### Level 5

##### Workload

##### 18% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	220
Directed Learning	260
Private Study	720
<b>Total Hours</b>	<b>1200</b>

##### Balance of Assessment

Assessment Mode	Percentage
Coursework	86%
Exam	0%
In-Person	14%

#### Level 6

##### Workload

##### 12% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	141

Directed Learning	279
Private Study	780
<b>Total Hours</b>	1200

**Balance of Assessment**

<b>Assessment Mode</b>	<b>Percentage</b>
Coursework	65%
Exam	13%
In-Person	22%