

## Programme specification

### BSc (Hons) Psychology with Counselling

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YORK  
ST JOHN  
UNIVERSITY

<i>School:</i>	School of Psychological and Social Sciences
<i>Entry from:</i>	2019/20 in: September
<i>Awarding institution:</i>	York St John University
<i>Teaching institution:</i>	York St John University
<i>Delivery location:</i>	York St John University
<i>Programme/s accredited by:</i>	British Psychological Society
<i>Exit awards:</i>	Certificate of Higher Education Psychology Diploma of Higher Education Psychology BSc (Ord) Psychology with Counselling
<i>UCAS code / GTTR / other:</i>	C8B9
<i>Joint Honours combinations:</i>	Not applicable
<i>QAA benchmark group(s):</i>	Psychology
<i>Mode/s of study:</i>	Full-time for 3 academic years
<i>Language of study:</i>	English
<i>Study abroad opportunities:</i>	Yes

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## Introduction and special features

The BSc Psychology with Counselling programme offers an exciting opportunity to study two distinct yet complimentary disciplines, Psychology and Counselling.

The programme is accredited by the British Psychological Society (BPS) and confers eligibility for the Graduate Basis for Chartership (GBC), provided the minimum standard of qualification of second class honours is achieved. This is the first step towards becoming a Chartered Psychologist, and essential if you are wishing to pursue a career in psychology.

Psychology is a wide-ranging and popular scientific subject, principally dealing with the study, of people, their thoughts and behaviours, as individuals or as groups. This programme provides you with a comprehensive education in the scientific foundations of psychology, an introduction to applied psychology across multiple domains and an insight into the theory and practice of counselling. The programme also provides you with the opportunity to become an independent and self-aware individual who is socially responsible and global in outlook; confident, adaptable and effective in communicating, research oriented, curious minded and digitally literate – all attributes which are highly sought after by many employers in the general graduate job market.

### Student Support

Throughout the duration of the programme you will be well supported to grow and develop your skills, knowledge and interests. You will be allocated a registered Counselling Psychologist as your academic tutor in your first week of study and develop that supportive relationship throughout the duration of your degree whilst working on a set programme of Personal, Academic and Professional Development (PADP). Through PADP you will have access to careers workshops and activities and an opportunity to participate in a number of careers related events which can be combined to contribute to a York St John University Employability award.

### Student Opportunity

Throughout the programme you will have access to, and are actively encouraged to use, two well-resourced psychology laboratories permanently staffed by our technical staff who are on hand to offer support and guidance at the point of need. There is a range of continually updated technical resources for you to engage with in your practical work, including (but not limited to) portable and static eye-tracking equipment, counselling rooms equipped with HD cameras and ceiling mounted microphones, virtual reality headsets and motion sensors, Biopac physiological recording equipment, specialist software for creating, recording and analysing experimental stimuli and a range of questionnaires and psychometric tests.

The programme is designed to encourage you to become involved in psychological research as a researcher, participant and disseminator both through your academic modules and a formal Psychology Research Participation Scheme (PReP) which is supported by specialist SONA software; The PReP is administered through two year-long modules during the first and second years of your degree; in order to pass these modules you can choose to participate in research studies, accruing a target number of research participation points set on an annual basis, or complete an alternative assessment (an online research skills portfolio) Participation in the scheme will help prepare you for conducting your own research projects, and provide you with an insight into the experience of being a participant in research in psychological science. The research projects that you can partake in are a combination of final year student research projects, postgraduate student research projects and staff research projects which can act as a catalyst for your own research ideas. As a final year student you will also have the opportunity to advertise your own project in the PReP system if required.

Additionally, at all levels of the degree you will be encouraged to apply to the Students as Researchers scheme giving the opportunity to work alongside psychology staff as a research assistant on current research programmes; this could involve collecting and analysing data and possibly co-authoring a published research paper or present it at a national conference. In your final year you'll engage in a year-long research project which culminates in presenting your findings as a research poster in a Psychology Research Conference which is open to all psychology students.

In the second year of your degree, you will be supported to arrange 75 hours of work experience relevant to your career aspirations through the Psychology Work Placement. You can choose to complete these hours in a block of full-time work during the university holidays or through regular part-time work. Engaging in learning in the workplace alongside your academic studies will help prepare you for the next steps after completing your degree.

Whilst the first two years of the programme contain a compulsory set of psychology modules providing an excellent understanding of a broad range of psychological theory and practice and meeting BPS accreditation criteria; the final year affords you an opportunity to specialise in counselling theory and practice.

### **Admissions criteria**

You must meet the University's general entry criteria for [undergraduate](#) study.

If your first language is not English, you need to take an IELTS test or an equivalent qualification accepted by the University (see <https://www.yorksj.ac.uk/international/how-to-apply/english-language-requirements/>).

If you do not have traditional qualifications, you may be eligible for entry on the basis of [Accredited Prior \(Experiential\) Learning \(APL/APEL\)](#). We also consider applications for entry with advanced standing.

## Programme aims

The aims of the programme are in accord with the Quality Assurance Agency (QAA) benchmark document for psychology (QAA, 2016) and are to:

1. Produce a scientific understanding of the mind, brain, behaviour and experience and the complex interactions between these and the environments in which they exist
2. Present multiple perspectives of psychology and counselling in a way that fosters critical evaluation and reflection
3. Develop applied competence in models of supporting and enabling people in contexts that may include health or social care
4. Lead to an understanding of real-life applications of psychological and counselling theory within the full range of experience and behaviour
5. Develop knowledge such that it leads to an appreciation of theory and research, including relevant ethical and socio-cultural issues
6. Develop an understanding of the role of empirical evidence in the creation and constraint of theory and how theory guides the collection and interpretation of empirical data
7. Develop a range of research skills, methods and knowledge for investigating experience and behaviour, culminating in the ability to conduct independent research.
8. Produce critical and reflective graduates with the knowledge and skills to compete effectively in a global graduate market.

## Programme learning outcomes

### Level 4

Upon successful completion of level 4 you will be able to demonstrate:

- 4.1 Knowledge of the underlying concepts and principles relating to Psychology.
- 4.2 Evaluation and interpretation of psychological concepts and principles.
- 4.3 Accurate presentation, evaluation and interpretation of research data.
- 4.4 Structured, accurate and coherent presentation of arguments relating to Psychology.
- 4.5 Evaluation of different theoretical approaches to psychological problems.
- 4.6 Qualities and skills required for continual development and learning within structured environments.

### Level 5

Upon successful completion of level 5 you will be able to demonstrate:

- 5.1 Critical knowledge of the principles and limits of Psychology.
- 5.2 Application of psychological principles outside of the context in which they were first studied.
- 5.3 Knowledge and critical scientific evaluation of the main methods of psychological enquiry.
- 5.4 Effective communication of complex information in a variety of audience-appropriate forms.
- 5.5 Reflective practice related to the limits of your knowledge and skills relating to Psychology.
- 5.6 Qualities and transferable skills necessary for employment requiring personal responsibility and decision-making.

### Level 6

Upon successful completion of level 6 you will be able to demonstrate:

- 6.1 A systematic and relativistic understanding of key aspects of Counselling knowledge, some of which is at the forefront of the discipline.
- 6.2 Accurate and appropriate application of empirical research techniques and enquiry.

- 6.3 Critical evaluation of knowledge and data in order to frame empirical questions and identify solutions.
- 6.4 Clear communication of uncertain or ambiguous knowledge to specialist and non-specialist audiences.
- 6.5 Reflective practice related to your specific and generic skills and knowledge in relation to graduate career opportunities.
- 6.6 Qualities and transferable skills necessary for roles requiring initiative, personal responsibility and decision making in complex or unpredictable contexts.

## Programme Structure

Code	Level	Semester	Title	Credits	Status of Module*
1PY400	4	1	Exploring Social Psychology	10	C
1PY401	4	1	Cognition	10	C
1PY402	4	1	Biological Bases of Behaviour	20	C
1PY403	4	1	Experimental Research Methods & Statistics	20	C
1PY404	4	2	Current Psychology	10	C
1PY405	4	2	Foundations of Human Development	10	C
1PY406	4	2	Personality & Individual Differences	20	C
1PY407	4	2	Survey Research Methods & Statistics	20	C
1PY408	4	1&2	Psychology Research Participation Scheme (PReP)	0	C
2PY400	5	1	Social Psychology	20	C
2PY401	5	1	Infant & Child Development	20	C
2PY402	5	1	Qualitative Research Methods	20	C
2PY403	5	2	Assessment of Individual Differences	10	C
2PY404	5	2	Advanced Topics in Brain & Behaviour	10	C
2PY405	5	2	Investigating Cognition	20	C
2PY406	5	2	Advanced Research Methods	20	C
2PY408	5	1&2	Psychology in Practice	0	C
3PY400	6	1&2	Research Paper	40	C
3PY375	6	1	Foundations of Counselling Psychology	20	C
3PY372	6	1	Counselling Skills & Processes 1	20	C
3PY376	6	2	Contemporary Counselling Psychology	20	C
3PY374	6	2	Counselling Skills & Processes 2	20	C

\***C**: Compulsory, **CA**: Compulsory for award, **O**: option or **E**: elective.

## Learning, teaching and assessment

The programme is structured such that your knowledge and skills continually develop across the different levels of the programme, assuming no prior knowledge of psychology.

Level 4 is designed to introduce key concepts of psychology and psychological investigation so that you can begin to develop your generic and psychology-specific skills and knowledge. Alongside this you'll be invited to become part of the Psychology community at York St John through involvement in research activity in the Current Psychology module.

Level 5 builds on the solid foundation of the previous level to provide more challenging content and skills, expanding many of the core concepts delivered in level 4 by encouraging intellectual challenge and curiosity. There are additional study abroad opportunities at level 5 which you can take part in for a semester – usually at partner institutions in the United States. In order to

keep BPS accreditation whilst studying abroad you must take comparable modules at the partner institution, if these are not available then you may still choose to study abroad but with the loss of BPS accreditation; Psychology staff will be on hand to provide guidance and support for this decision.

Level 6 will provide you with an opportunity to identify and pursue specific interests in psychology through the self-directed research of the Research Paper module whilst also choosing modules which reflect possible postgraduate training routes and the individual research expertise within the staff team. This approach enables students to identify and follow their own interests and to prepare for life as York St John Psychology graduates.

The final year of the programme also provides the focus for your study of counselling, allowing you to apply your knowledge and understanding from the first two years to the specific discipline and skills of counselling. In each semester you will study the theoretical bases of counselling in one module, which will support you to engage with a module focusing on counselling skills. You will therefore spend the whole final year studying the theoretical knowledge and practicing the practical skills of counselling psychology.

Alongside the formal content of the programme at all levels are two parallel development programmes; the Personal and Professional Development programme contained within timetabled academic tutorial sessions and the Research Participation Scheme which encourages you to become involved in student and staff research as a participant.

More specifically, each module provides structured learning utilising a variety of summative and formative assessment techniques. Module-based learning activities will include formal lectures, seminars, supported open learning, independent study, and the use of virtual learning environments (i.e. Moodle). Formative assessment activities are designed to enable you to receive relevant feedback about your learning before submitting assessments for marking.

In creating assessments for the modules, great thought has been given to providing a range of assessment types to meet the differing strengths, weaknesses and preferences of all our students in order to help them reach their full potential, whilst also being challenging in order to help develop important skills expected of all graduates.

### **Progression and graduation requirements**

The University's [general regulations for](#) undergraduate awards apply to this programme.

Any modules that must be passed for progression or award are indicated in the Programme Structure section.

### **Internal and external reference points**

This programme specification was formulated with reference to:

- [University Mission Statement](#) [see page two]
- [Strategic Plan 2015-20](#) [see page four]
- [QAA subject benchmark statement for Psychology](#)
- [Framework for Higher Education Qualifications](#)
- [British Psychological Society's Standards for Accreditation of Undergraduate Programmes](#)

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*Date written / revised: 27/02/18*

*Programme originally approved: 15/03/18*

*Amended wef 18/19 – QSC approved 27.3.19 – 2PY407 replaced with 2PY408*

### **Programme Structure Diagram.**

#### **Level 4**

<b>Semester 1</b>	<b>Semester 2</b>
1PY408 Research Participation Scheme (0 pass / fail)	
1PY400 Exploring Social Psychology (10)	1PY404 Current Psychology (10)
1PY401 Cognition (10)	1PY405 Foundations of Human Development (10)
1PY402 Biological Bases of Behaviour (20)	1PY406 Personality & Individual Differences (20)
1PY403 Experimental Research Methods & Statistics (20)	1PY407 Survey Research Methods & Statistics (20)

*(Brackets indicate the credit value of each module)*

### Level 5

<b>Semester 1</b>	<b>Semester 2</b>
2PY408 Psychology in Practice (0 pass / fail)	
2PY400 Social Psychology (20)	2PY403 Assessment of Individual Differences (10)
2PY401 Infant & Child Development (20)	2PY404 Advanced Topics in Brain & Behaviour (10)
2PY402 Qualitative Research Methods (20)	2PY405 Investigating Cognition (20)
	2PY406 Advanced Research Methods (20)

*(Brackets indicate the credit value of each module)*

### Level 6

<b>Semester 1</b>	<b>Semester 2</b>
3PY400 Research Paper (40)	
3PY371 Critical Introduction to Counselling (20)	3PY373 Key Professional Issues and Debates in Counselling (20)
3PY372 Counselling Skills & Process 1 (20)	3PY374 Counselling Skills & Process 2 (20)