



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Personal Awareness and Self Development				
Module Code	USPJUA-30-2	Level	2	Version	1
Owning Faculty	Health and Life Sciences	Field	PSYCHOLOGY		
Contributes towards	Diploma in Professional Studies, Counselling				
UWE credit rating	30	ECTS credit rating		Module type	Professional Practice
Pre-requisites	none		Co- requisites	Counselling Practice, Supervision and Research 1 Theory and Practice in Counselling 1	
Excluded combinations	none		Module entry requirements	Enrolment on DPS – Counselling Year 1	
Valid from	September 2013		Valid to	September 2019	

cap approval date	19 June 2013
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part 2: learning and teaching	
Learning outcomes	<p>On successful completion of this module students will be able to:</p> <ul style="list-style-type: none"> describe experiences of increasing self-awareness reflect on personal experiences reflect on personal experience with increasing awareness of an openness to personal process for counsellors reflect on personal development with reference to appropriate theory apply theoretical knowledge and understanding to professional practice provide an account of a counselling relationship from the client's perspective
Syllabus outline	<ul style="list-style-type: none"> weekly personal experience within a personal development group weekly one to one personal counselling keeping a personal journal in which experience on the course are recorded and processed client experience within counselling training sessions
Contact hours/scheduled	

hours	30 weeks x 1.5 hours = 45 teaching contact hours		
Teaching and learning methods	<p>Scheduled learning includes personal development group, reflective journal writing, one to one tutorials / appraisals</p> <p>Independent learning. personal one to one weekly counselling, expectation of learning through independent reading, peer discussion and off-site supervision</p> <p>Placement learning: involvement in placement agency and working as a trainee counsellor – implications of personal development on professional practice</p> <p>We are actively exploring ways of developing TEL within this Module.</p>		
Reading strategy	<p>All students will be encouraged to make full use of the print and electronic resources available to them through membership of the university. These include a range of electronic journals and a wide variety of resources available through web sites and information gateways. The university library's web pages provide access to subject relevant resources and services, and to the library catalogue. Many resources can be accessed remotely. Students will be presented with opportunities within the curriculum to develop their information retrieval and evaluation skills in order to identify such resources effectively.</p> <p>This guidance will be available either in the module handbook, via the module information on UWE online or through any other vehicle deemed appropriate by the module / programme leaders.</p>		
Indicative reading list	<p>Essential Reading</p> <p><i>Howe D (1993) On being a client Sage</i></p> <p><i>Howe D (2013) Empathy Palgrave Macmillan</i></p> <p><i>Johns H (1996) Personal Development in Counsellor Training Cassell</i></p> <p><i>Mcleod J (2004) The Counsellor's Workbook OU Press</i></p> <p><i>Rose C (2008) The Personal Development Group : The Student's Guide Karnac</i></p>		
Part 3: Assessment			
Assessment Strategy	<p>The personal development reflection 1 (Formative) provides evidence of the student's ability to reflect on personal experience and development with reference to appropriate theory.</p> <p>The personal development reflection 2 (Summative) provides evidence of the student's ability to apply theoretical knowledge and understanding to professional practice, as well as an understanding of the counselling relationship.</p> <p>The approach to learning and assessment on this Module is also primarily group-based and interactive and there are continuous opportunities for self, peer and tutor feedback within the Personal Development Groups AND weekly whole group check-in and check-out. This offers the opportunity for formative assessment.</p>		
Identify final assessment component and element			
		A	B

	100	
first sit		
Component A (controlled conditions) Description of each element	element weighting (as % of component)	
1. Personal Development Reflection 2 (1500 words)	Pass/Fail	

Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) description of each element	element weighting (as % of component)	
1. Personal Development Reflection 2 (1500 words)	Pass/Fail	
If a student is permitted an exceptional retake of the module the assessment will be that indicated by the module description at the time that retake commences.		