



Module Specification

Personal Awareness and Self Development

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Part 1: Information

Module title: Personal Awareness and Self Development

Module code: USPJUA-30-2

Level: Level 5

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Social Sciences

Partner institutions: None

Field: Psychology

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: Counselling Practice, Supervision and Research 1 2023-24, Theory and Practice in Counselling 1 2023-24

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Module Entry Requirements: Enrolment on DPS – Counselling Year 1

Educational aims: See Learning Outcomes.

Outline syllabus: 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

Part 3: Teaching and learning methods

Teaching and learning methods: Scheduled learning includes personal development group, reflective journal writing, one to one tutorials / appraisals.

Independent learning. personal one to one weekly counselling, expectation of learning through independent reading, peer discussion and off-site supervision.

Placement learning: involvement in placement agency and working as a trainee counsellor – implications of personal development on professional practice.

We are actively exploring ways of developing TEL within this Module.

30 weeks x 1.5 hours = 45 teaching contact hours

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Describe experiences of increasing self-awareness

MO2 Reflect on personal experiences

MO3 Reflect on personal experience with increasing awareness of an openness to personal process for counsellors

MO4 Reflect on personal development with reference to appropriate theory

MO5 Apply theoretical knowledge and understanding to professional practice

MO6 Provide an account of a counselling relationship from the client's perspective

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 135 hours

Placement = 120 hours

Face-to-face learning = 45 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspjua-30-2.html) via the following link <https://uwe.rl.talis.com/modules/uspjua-30-2.html>

Part 4: Assessment

Assessment strategy: 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.

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.

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.

Assessment tasks:

Reflective Piece (First Sit)

Description: Personal Development Reflection 2 (1500 words)

(Pass/Fail)

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6

Reflective Piece (Resit)

Description: Personal Development Reflection 2 (1500 words)

(Pass/Fail)

Weighting:

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6

Part 5: Contributes towards

This module contributes towards the following programmes of study: