



## **Module Specification**

### **Personal Awareness and Self Development 1**

Version: 2023-24, v2.0, 21 Jun 2023

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## **Part 1: Information**

**Module title:** Personal Awareness and Self Development 1

**Module code:** USPJD9-10-2

**Level:** Level 5

**For implementation from:** 2023-24

**UWE credit rating:** 10

**ECTS credit rating:** 5

**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 Skills Practice and Supervision 2023-24

**Continuing professional development:** No

**Professional, statutory or regulatory body requirements:** None

## **Part 2: Description**

**Overview:** Not applicable

**Features:** Not applicable

**Educational aims:** See Learning Outcomes

**Outline syllabus:** Weekly one to one personal counselling.

The keeping of a personal journal/log in which experiences on the course are

recorded and processed using structures, for example, the Lewin/Kolb experiential learning cycle.

Client experience within training counselling sessions.

Weekly personal development group meetings.

### **Part 3: Teaching and learning methods**

**Teaching and learning methods:** Personal counselling; experiential exercises; reflective journal writing.

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

**MO1** Employ the Lewin/Kolb learning cycle in reflecting on personal experiences.

**MO2** Describe experiences of increasing personal awareness.

**MO3** Describe experiences of increasing awareness of the relevance of an openness to personal process for counsellors.

**MO4** Provide an account of a counselling relationship from the client's perspective.

**Hours to be allocated:** 100

**Contact hours:**

Independent study/self-guided study = 76 hours

Face-to-face learning = 24 hours

Total = 100

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

## Part 4: Assessment

**Assessment strategy:** There are two summative assessment tasks for this module; a personal counselling log and Personal Development Appraisal.

Assessment Task 1: Log of personal counselling on a weekly one to one basis

Assessment Task 2: Personal Development Appraisal (1000 words).

### Assessment tasks:

#### **Reflective Piece** (First Sit)

Description: Log of personal counselling on a weekly one to one basis

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

#### **Written Assignment** (First Sit)

Description: Personal Development Appraisal (1000 words)

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

#### **Reflective Piece** (Resit)

Description: Log of personal counselling on a weekly one to one basis

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested:

#### **Written Assignment - Component A** (Resit)

Description: Personal Development Appraisal (1000 words)

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested:

## **Part 5: Contributes towards**

This module contributes towards the following programmes of study: