Liverpool John Moores University

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Title:	Personal & Academic Development
Status:	Definitive
Code:	**4501ARCCS** (121053)
Version Start Date:	01-08-2016

Owning School/Faculty:	Nursing and Allied Health
Teaching School/Faculty:	Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

Academic Level:	FHEQ4	**Credit Value:**	24	**Total Delivered Hours:**	58
Total Learning Hours:	240	**Private Study:**	182		

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	10
Seminar	20
Tutorial	8
Workshop	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Reflection	AS1	Reflective Essay 1500words	40	
Portfolio	AS2	Portfolio of Evidence of PD	60	

Aims

To provide students with the appropriate skills necessary for successful completion of the course.
To improve the employability of students by increasing their personal effectiveness.

To provide opportunities for students to develop and grow as a person and therapist

Learning Outcomes

After completing the module the student should be able to:

1 Read, research, plan and present an appropriate assignment with effective application of academic conventions.
2 Identify and reflect upon the following aspects of personal development: strengths and weaknesses, motivations and values and beliefs, ability to work with others.
3 Identify and discuss own fears and prejudices that may affect the counselling relationship.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Reflective Essay 1500words	1	
Portfolio of Evidence of PD	2	3

Outline Syllabus

Study skills

Time management
Skills audits
Action plans
Portfolio building
Referencing
Presentation skills
Research skills
Structuring and writing for different purposes and presenting work using academic conventions
Assessing, retrieving and processing information
Critical and reflective thinking
Working with others
Use of internet/electronic databases/search engines
Use ICT in document construction and management
Reflective writing

Develop understanding of self and others

Dynamics in relationships and groups
Working at relational depth
Group dynamics
Confidence building
Personal conflict
Personal awareness

Developing the core conditions
Self-reflection
Working with others
Motivations, values, beliefs

Learning Activities

This module will be delivered by a series of lectures, role play, experiential activities, tutorials, practical work, workplace activity and private study, residential, portfolio building.
Its Learning (VLE) will be utilised as an additional learning resource on this module. This will provide links to academic web-sites and on-line journals, facilitate group discussion outside of the classroom, access to outline lecture notes, and provide students with assessment details.
Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss further progress.

References :

Course Material: Book
Author: Cottrell, Stella
Publishing Year: 2013
Title: The Study Skills Handbook
Subtitle:
Edition: 4th
Publisher: Palgrave MacMillan Ltd
ISBN: 978-1-137-28925-4

Course Material: Book
Author: Rose, C
Publishing Year: 2011
Title: Self Awareness and Personal Development
Subtitle: Resource for Psychotherapists and Counsellors
Edition: 1st
Publisher: Palgrave and Macmillan
ISBN: 9780230240186

Course Material: Book
Author: Bassot, B.
Publishing Year: 2013
Title: The Reflective Journal
Subtitle:
Edition: 1st
Publisher: Palgrave MacMillan Ltd
ISBN: 9781-137-32471-9

Notes

This module is a year-long module which will initially prepare students for the academic requirements of the course and also support them in developing their personal skills.

Students will 'check in' at the beginning of each session to develop the core conditions with (self and others) to develop personal awareness of self and others. Students will be introduced to a personal journal which will support them to record their journey of awareness and processing, this will also support them to write a reflective essay. This module will support students to identify own issues and when they will need personal counselling that may hinder the counselling relationships with clients.

 Self-awareness and mindfulness of one's interactions with others are important tools for Counselling. Group work provides important opportunities to develop these forms of awareness. Students contribute to personal development (PD) groups to enable them to discuss their own processes, limitations and progress in a personal and professional context. Students will compile a portfolio of evidence of their developing skills over the period of the module.