

Liverpool John Moores University

Title: Personal & Academic Development

Status: Definitive

Code: **4511-ARCCS** (124426)

Version Start Date: 01-08-2021

Owning School/Faculty: Nursing and Allied Health

Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

Academic Level:	FHEQ4	Credit Value:	20	Total Delivered Hours:	48
Total Learning Hours:	200	Private Study:	152		

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Seminar	10
Tutorial	8
Workshop	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio of evidence of Personal Development	30	
Reflection	AS2	Reflection 2500words	70	

Aims

*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 Construct a portfolio which contains skills analysis, action planning and evidence of reflections.
- 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:

Portfolio of evidence of PD	2	3
Reflection 2500	1	

Outline Syllabus

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
Reflective writing
Portfolio building

Learning Activities

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.

Notes

This module will initially prepare students for the academic requirements of the course and also support them in developing their personal awareness.

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.