

Summary Information

Module Code	4511-ARCCS
Formal Module Title	Personal and Academic Development
Owning School	Nursing and Allied Health
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Nelson and Colne College Group

Learning Methods

Learning Method Type	Hours
Lecture	10
Seminar	10
Tutorial	8
Workshop	20

Module Offering(s)

Display Name	Location	Start Month	Duration Number	Duration Unit
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SEP-PAR	PAR	September	12 Weeks
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Aims and Outcomes

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
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Construct a portfolio which contains skills analysis, action planning and evidence of reflections.
MLO2	2	Identify and reflect upon the following aspects of personal development: strengths and weaknesses, motivations and values and beliefs, ability to work with others.
MLO3	3	Identify and discuss own fears and prejudices that may affect the counselling relationship.

Module Content

Outline Syllabus	Dynamics in relationships and groups Working at relational depthGroup dynamicsConfidence buildingPersonal conflictPersonal awareness Developing the core conditions Self-reflection Working with othersMotivations, values, beliefsReflective writing Portfolio building
Module Overview	
Additional Information	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.Students will collate a portfolio including:CVCover letterQualificationsAction Plan

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio 1000 words	33	0	MLO2, MLO3
Reflection	Reflection 2000 words	67	0	MLO1

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
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Philomene Uwamaliya	Yes	N/A
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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