

BSc Psychology and Coaching

Modules year 1	
Module Title	Module description and context
Fundamentals of Coaching and Coaching Psychology	<p>This module will provide you with an overview of coaching, its history, its uses and the varied and continually evolving coaching methods. You will learn to differentiate between coaching, coaching psychology, mentoring and counselling/therapy. You will become clear about the characteristics of a successful coach and those of a coachable client. You will gain practical insights into the coaching relationship and models through experiential learning during the seminars and practice at placement. You will distinguish between a client and a sponsor and manage the relationship between the two. This module will also allow you to evaluate your own strengths, values, motivations and those of the client. The learning on this module will use an evidence-based approach, allowing for critical reflection and evaluation. This module is one of six modules designed to help you apply for EMCC practitioner accreditation as a coach, where each assessment responds to specific requirements in the accreditation application.</p> <p>Throughout this module you will be taught in a mixture of lectures and seminars. The lectures will cover core information for each topic and will be recorded. Recordings will be made available on Moodle. Interactive seminar activities will offer space to practice the learning from the lectures, develop in depth understanding of the theory and practice the skills, and offer support for the assessments. In the seminars, you will learn and practice listening and questioning skills, where you will take turns to coach, be coached and observe coaching in action. You will demonstrate and reflect on your experience of coaching and the motivation to be coached using a reflective essay. Your understanding of coaching techniques and the personal insights that coaching may offer will be assessed through coaching practice, where you will have opportunities to receive feedback. Your written communication skills will be developed through the reflective essay, a skill that will be required for the rest of your degree and for many careers.</p>
Coaching in Practice	<p>This module will provide you with the fundamental skills and knowledge of models and techniques required to confidently and skilfully practice coaching. You will learn the key skills of active listening, questioning, summarising and gently challenging. You will understand and implement the ethical guidelines that support coaching practitioners and clients such as chemistry meetings, contracting, supervision and planning for continued professional development. You will demonstrate how ethical practice is evidenced and maintained in your coaching practice. You will also learn about the value and practice of creating a place of safety and trust in coaching. The learning on this module will use an evidence-based approach, allowing for critical reflection and evaluation. This module is one of six modules designed to help you apply for EMCC practitioner accreditation as a coach, where each assessment is designed to respond to specific requirements in the accreditation application.</p> <p>Throughout this module you will be taught in a mixture of lectures, and seminars. The lectures will cover core information for each topic and will be recorded. Recordings will be made available on Moodle. Interactive seminar activities will offer space to practice the learning from the lectures develop in depth understanding of the theory and practice the skills and offer support for the assessments. In the seminars, you will further develop listening and questioning skills, where you will take turns to coach, be coached and observe coaching in action. Your knowledge and understanding of ethical practice and supervision will be assessed via an essay. Your coaching skills and knowledge of coaching models will be assessed through coaching practice, where you will have opportunities to receive feedback. Your written communication skills will be developed through the essay, a skill that will be required for the rest of your degree and for many careers.</p>

<p>Psychology of Resilience and Success</p>	<p>The Psychology of Resilience and Success provides the ideal inspiration and support for your learning journey in psychology, both in academia and beyond.</p> <p>This module will empower you to:</p> <ul style="list-style-type: none"> • discover the ways of learning that are most effective for you. • develop your confidence in conveying your ideas. • develop your Psychological Literacy skills. • develop an understanding of how groups can work effectively. • deepen your writing and thinking skills for your degree and beyond. • develop an awareness of how you can apply your knowledge and skills <p>Whatever your experience prior to starting your psychology degree this module will enable you to become aware of the skills and resources that you already have and how you can strengthen and add to these. This module is framed within psychological theories of self and learning and will teach skills (e.g. communication styles, academic writing, managing procrastination, team working, conflict management and interpersonal skills) that are vital for university study, as well as for future employment, while giving key opportunities to practice these skills.</p>
<p>Introduction to Psychological Research</p>	<p>This module will provide you with an introduction to research methods and basic statistics so that you can both perform and understand the information provided by simple experiments. Further, this module aims to provide you with a basic knowledge of research methods that will allow you to better understand psychological research, and as such, all methods and techniques will be linked to the research discussed in other first-year modules. This module will link closely with research methods modules provided in years 2 and 3, so that you will be well equipped to undertake your independent research project in year 3. Finally, the skills provided in this module such as analytical skills, skills in the use of software packages such as Microsoft Excel and SPSS, and understanding of basic statistics and competency with data are transferrable and marketable in psychology careers and careers that value a psychology degree, ultimately improving your employability.</p>
<p>Understanding Human Behaviour</p>	<p>Understanding Human Behaviour provides exciting insights into key aspects of what it is to be human. In this module you will investigate issues such as:</p> <ul style="list-style-type: none"> • How individuals differ across cultures. • Why childhood experiences can impact our adult relationships. • Why people obey those in authority and how we may be influenced without even knowing it. <p>These issues will provide you with key insights into human behaviour that will support your further study in psychology and which also have direct real-world applicability. The relevance of the ideas covered for real-world contexts is further developed in the module as it addresses how we can apply our understanding to real world issues of aggression and prejudice.</p> <p>In Understanding Human Behaviour you will have the opportunity to actively engage with vibrant debates within psychology. You will learn how to question and challenge key ideas and how you can apply your knowledge. This module, with its breadth of coverage and its introduction to critical evaluation and application of psychological ideas will provide the ideal basis not only for your progress through your degree, but also for postgraduate study and professional employment where breadth, critique and application of knowledge are essential.</p>

Modules year 2

Module Title	Module description and context
Coaching Tools and Techniques	<p>This module will provide you with deep insights into the range of approaches to coaching psychology, the different theoretical frameworks, lenses, related models and related research. You will practice coaching from each of these approaches and develop your own style and portfolio of skills, strengths and coaching knowledge. You will reflect upon each method and approach and identify where and when these methods are best suited to create your own coaching map for your future practice. You will continue to develop skills around the value and practice of creating a place of safety and trust in coaching, and the coaching relationship. The learning on this module will use an evidence-based approach, allowing for critical reflection and evaluation. This module is one of six modules designed to help you apply for EMCC practitioner accreditation as a coach, where each assessment is designed to respond to specific requirements in the accreditation application.</p> <p>Throughout this module you will be taught in a mixture of lectures and seminars. The lectures will cover core information for each topic and will be recorded. Recordings will be made available on Moodle. Interactive seminar activities will offer space to practice the learning from the lectures, develop in depth understanding of the theory and practice the skills, and offer support for the assessments. In the seminars, you will practice using models and techniques from six different coaching methods where you take turns to coach, be coached and observe coaching in action. In this module your ability to demonstrate knowledge and suitability of a particular approach or range of approaches or models for a particular coaching client will be assessed using a coaching design report. Your coaching skills and knowledge of coaching models will be assessed through coaching placements, where you will have opportunities to receive feedback. Your written communication skills will be developed through the essay, a skill that will be required for the rest of your degree and for many careers.</p>
Reflective Practice	<p>In this module you will learn about the importance of self-awareness and self-reflection in counselling and psychological therapies. You will be introduced to the theory and research behind different models of reflective practice, and you will be invited to engage in self-awareness and self-reflective experiential learning. As part of your continuing development in communication skills and your ability to engage in a helpful professional relationship, you will gain an understanding of how to use self-reflection to help others and the ability to reflect on your own relational styles and how they become apparent in your interactions.</p>
Cognitive Psychology and Neuroscience	<p>On this module you will learn about the core topics of cognitive psychology and neuroscience. Taken together, they are concerned with the study of how the brain, nervous system and other physiological systems affect and are affected by mental functioning and behaviour, with a specific focus on the neural substrates of mental processes. You will learn how this field of research has made exciting discoveries about the way we perceive the world, remember, communicate, learn and think. The focus of the lectures and seminars will be on conceptual and historical issues, as well as contemporary theory and research. You will be encouraged to engage critically with the material and think about the applications of biological psychology, cognitive psychology and neuroscience. Additionally, this module will further develop skills including communicating effectively (face to face and in-writing), handling materials critically, and reasoning scientifically to consider alternative approaches and solutions, which are crucial skills for future employment.</p>
Understanding the Individual and Society	<p>This core module will give you subject knowledge and understanding in two important areas of psychology. One is Individual Differences which includes topics such as intelligence and personality where diversity between individuals is a focus of theory, research, and application in settings including education, health and work. The other is Social Psychology where thought and behaviour are explained in terms of the influence of others on the self, such as the groups and communities to which one belongs. You will learn about multiple perspectives recognising a distinctive range of approaches to</p>

	issues including relevant ethical and socio-cultural implications. An awareness of the ideas and concepts in this module are required to qualify for the Graduate Basis for Chartered Membership of the British Psychological Society and are necessary to progress to post-graduate degrees in psychology. You will acquire the ability to discriminate and evaluate between the different kinds of explanations you will encounter for how people think and behave.
Development and Transition Across the Lifespan	This module will introduce the study of developmental psychology and its importance for understanding the human transition across the lifespan – before birth, through infancy, childhood, adolescence and into adulthood. This will equip you with an understanding of typical and atypical development across the lifespan, considering biological and environmental impacts on development, social relations, as well as cognitive and language development. This will enhance your understanding of topics such as ‘who we are’, attachment, temperament, self-esteem and identity. You will be given the opportunity to transfer this knowledge to real-life applications, for example, the impact of social development (social media and community), peers and friendships, neurodiversity, and gender identity and development. This module will equip you with knowledge about human development across the age-span, and for working with different populations in a variety of contexts including education, healthcare, social care and public services.
Psychological Research: Design, Analysis and Impact	This module will provide you with experience of designing and conducting research and data analysis. The research training and experience gained in this module is fundamental to a psychology degree and includes a very useful set of skills such as Microsoft Excel, SPSS, psychometric tests, transcription, an understanding of statistics and qualitative approaches. These numeracy, research and analytical skills are transferrable and marketable for psychology careers and careers that value a psychology degree, ultimately improving your employability. The module will introduce you to the conceptual issues associated with major paradigms in psychological research and foster your understanding of the nature, purpose and logic of experimental methods and qualitative approaches; in addition, it will equip you with a critical understanding of a number of approaches to data collection and provide preliminary training in the use of the important techniques in data collection and analysing the data derived from all these approaches. You will also develop the ability to apply psychological research to issues that reflect contemporary developments and real-world issues to highlight the impact of psychological research. In addition to this the module will provide you with numerous opportunities to disseminate information in a range of different ways.

Modules year 3	
Module Title	Module description and context
Coaching in Professional Contexts	<p>This module will provide you with an overview of the range of contexts for coaching professional practice and the psychological models and theories that can be applied to these contexts. This module will offer the opportunity to apply a range of psychological concepts and reflect on their use and impact on clients. You will practice coaching using different psychological models as well as coaching tools to develop your own style and portfolio of skills, strengths and coaching knowledge. You will reflect upon each method and approach and identify where and when these methods are best suited to create your own coaching map for your future practice. You will continue to develop skills around the value and practice of creating a place of safety and trust in coaching, and the coaching relationship. The learning on this module will use an evidence-based approach, allowing for critical reflection and evaluation. This module is one of six modules designed to help you apply for EMCC practitioner accreditation as a coach, where each assessment is designed to respond to specific requirements in the accreditation application.</p> <p>Throughout this module you will be taught in a mixture of lectures and seminars. The lectures will cover core information for each topic and will be recorded. Recordings will be made available on Moodle. Interactive seminar activities will offer space to practice</p>

	<p>the learning from the lectures, develop in depth understanding of the theory and practice the skills, and offer support for the assessments. In the seminars, you will coach, experience being coached and observe coaching in action in different contexts. Your ability to demonstrate knowledge and suitability of a particular approach or range of approaches or models for a particular coaching client will be assessed using a coaching design report. Your coaching skills and knowledge of coaching models will be assessed through coaching practice at placement, where you will have opportunities to receive feedback. Your written communication skills will be developed through the essay, a skill that will be required for the rest of your degree and for many careers.</p>
<p>Group and Team Coaching in Organisations</p>	<p>This module will provide you with key insights into group coaching and the fundamental skills, models and techniques required to skilfully practice as a group coach. You will learn to manage group dynamics and understand the role of the coach in the group coaching context. You will understand and apply the ethical guidelines to working with groups and demonstrate how this is evidenced and maintained in your practice. You will also learn about the value and practice of creating a place of safety and trust in group coaching. The learning on this module will use an evidence-based approach, allowing for critical reflection and evaluation. This module is one of six modules designed to help you apply for EMCC practitioner accreditation as coach, where each assessment is designed to respond to specific requirements in the accreditation application.</p> <p>Throughout this module you will be taught in a mixture of lectures and seminars. The lectures will cover core information for each topic and will be recorded. Recordings will be made available on Moodle. Interactive seminar activities will offer space to practice the learning from the lectures, develop in depth understanding of the theory and practice the skills and offer support for the assessments. In the seminars, you will coach groups, experience being coached in a group and observe group coaching in action. Your reflection on personal learning will be assessed using a group presentation. Your coaching skills and knowledge of coaching models will be assessed through coaching practice, where you will have opportunities to receive feedback. Your written communication skills will be developed through the essay, a skill that will be required for the rest of your degree and for many careers.</p>
<p>Psychological Practice for Communities and Industry</p>	<p>This module will support you to further develop your employability, communication and reflective skills, focusing on marketing yourself in relation to CV writing, communication and interview skills, teamwork and developing an online social media presence (e.g LinkedIn). You will be supported in adopting a life-long learning perspective, identifying and pursuing knowledge and skills directly relevant to academic, personal, and work-based development. In the latter part of the module, you will have the opportunity to acquire experience in the workplace, applying psychological knowledge and skills in a paid or voluntary capacity. Over the course of this module, you will develop a personal development portfolio and reflective journal drawing on your learning in industry, enterprise or with the community. This module will enable you to develop your employability skills, reflective capacity and psychological literacy, preparing you for your career after graduation.</p>
<p>Positive Psychology</p>	<p>The aim of this module is to investigate positive psychological theories, concepts and empirical research, and critically consider their application in real-world settings. You will undertake the scientific study of key positive psychology topics including happiness and wellbeing, positive emotions, resilience, optimism, flow and flourishing. This module will also introduce measures to assess positive psychology constructs such as resilience and emotional intelligence. You will explore how different methods, techniques and ways of working improve performance in a range of settings – educational, organisational, and personal life. Furthermore, you will critically consider psychological research on the benefits of applied positive psychology and you will be encouraged to evaluate topics in relation to your own life experience. This module will provide you with the knowledge and skills to apply across a wide range of work settings, as well as identifying your own strengths, values and motivations to apply those skills both at work and in life in general. This module is relevant for students interested in pursuing a range of career pathways including occupational psychology and coaching and mentoring roles.</p>

Independent Research Project	<p>The ability to apply psychological research methods is an essential skill to learn as part of your degree. As well as fulfilling the basic requirements of your degree for the Graduate Basis for Chartered Membership (GBC) with the British Psychological Society (BPS), the project management skills, data management and analysis, and writing skills you will gain in this module are important transferable skills essential for future academic and occupational careers. The independent research project module is designed to facilitate the application of your existing knowledge and skills acquired across the programme to independently design, formulate, conduct, analyse and report research in your area of interest. This research will be conducted with further support from supervisors who are experts in the research area, alongside small group workshops and lectures to provide advanced research knowledge and skills.</p>
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Please note, modules are subject to change.