

Changes to previous information

During the global COVID-19 pandemic, we prioritised the health, wellbeing and safety of our students and staff.

As we start the new academic year, your health, wellbeing and safety remains our top priority. This means when we return to our campuses and buildings in September 2020 social distancing and other health and safety measures will be in place. This is to help keep you, and others around you, safe. We will respond to the requirements of vulnerable students regarding their personal safety on an individual basis.

We remain committed to delivering an outstanding education and student experience both on campus and online. Like most universities, we'll be providing a mix of on-site face-to-face and digital learning and teaching. The exact mix will vary between courses and course modules taking into account teaching requirements and other considerations such as meeting the safety of vulnerable staff.

It is important to emphasise that a face-to-face, on-site experience will be delivered within the Government and Public Health England guidance and providing there are no serious unforeseeable public health issues that result in the Government introducing further lockdown measures.

Our response to the pandemic means we may have made changes to your course. This is to take account of these important health and safety measures.

We ask you to read the information provided about course changes carefully. We detail what we include in our online prospectus and explain what has changed.

You should read our statement of changes alongside any information provided in videos, at open days or in other promotional materials. This is because the information may also have been affected by the changes we had to make. We are providing this information so you can make an informed choice about whether the course remains suitable for you.

When you register for your course, you will be asked to confirm you have read about our changes and you agree to them. It means that by choosing to continue with your application, and register with us, you accept these changes and are happy to study your course with us.

We really look forward to seeing you in the next academic year. In the meantime, if you want to find out more about University life from this September, and being part of our supportive and welcoming community, please visit our [September 2020 web pages](#).

Current published course related information	
Course title	Counselling, Coaching and Mentoring with Foundation Year
Award level	BA – Single honours only
How do you want to study?	
Start Date	Sept 2020
Modes of study	Full-time
Duration	4 years full-time
UCAS code	B941
Location	Canterbury
Partner institution	N/A
Available with a Foundation Year	Yes
Overview	
	<p>Our foundation year enables you to enter our BA Counselling, Coaching and Mentoring course even if you don't have the formal qualifications or experience to meet the entry requirements. It will give you relevant knowledge to help you begin your degree studies.</p> <p>Those involved in counselling, coaching and mentoring are 'the helping professionals'. Through this course, we will help you to become one of them, gaining a deep understanding of the theories and skills needed.</p> <p>You will be taught by a team of tutors who have direct experience as helping professionals themselves. Classroom learning is supplemented by a range of guest speakers and opportunities to develop your skills in real-life settings, building relationships and helping people to help themselves.</p> <p>Once you have completed your degree, a wealth of career opportunities in everything from HR to social care await you.</p>

Why study Counselling, Coaching and Mentoring with Foundation Year?

Supporting other people can be a hugely rewarding process and by working in counselling, coaching or mentoring you may even have the potential to help someone to change their life.

If you have high emotional intelligence, and are good at understanding and relating to people, this course will help you to become effective and skilled in supporting others with achieving their aims and objectives, while developing yourself.

During the foundation year, you'll gain an introduction to counselling, coaching and mentoring, and you'll develop skills and confidence to prepare you to study at degree level.

Throughout the course, you'll integrate theory and practice, developing the skills, professional attributes and competences needed to work with others, often in challenging and difficult circumstances.

You'll develop your curiosity and critical reasoning abilities, as well as independent study and research skills. You'll also gain a solid grounding in a broad range of helping approaches and techniques, so that you can build effective relationships with clients in settings such as schools, the voluntary sector, human resources, social care and health.

On completion of the course, you may choose to continue your professional development through postgraduate studies and relevant accredited training in related fields such as psychotherapy, careers work, social work, human resources and other talking and creative therapies.

If you want to pursue a professional career in counselling and qualify as an accredited counsellor with BACP or another regulating body, you will need to undertake the relevant accredited training (see the BACP website for further details).

	<p>During the course, you'll study a varied curriculum and will build your knowledge, understanding and skills related to counselling, coaching and mentoring, and other therapeutic practices.</p> <p>You'll have opportunities to gain experience and develop personally, for example, through volunteering opportunities with organisations we are connected to in the charitable and third sector. You'll also have opportunities to take part in the peer mentoring and peer assisted learning programmes that are available across the University and closely linked to this course.</p> <p>The skilled teaching team will share with you their specialist knowledge and experience in the disciplines of counselling, coaching and mentoring, related professions and research. Your direct teaching through lectures, seminars and group and individual tutorials, will be complemented by use of the virtual learning environment (VLE), guided reading, project-related activity, visits and input from professional practitioners and representatives.</p>	<p>At present we do not know what social distancing measures, if any, will apply during the time that the programme runs. It may be possible to take the practical/work-based/placement element of the programme in a face-to-face way as normal, or it may be possible to do this by observing social distancing. The ways in which social distancing might apply are not always within our control. If it is not possible for students to attend the relevant setting or activity in person we will conduct these through on-line means, or through making use of recorded materials. We will take account of any advice from the Government or the University and in how we run the module and the programme, and will keep you fully informed of what this means for your studies.</p>
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<p>Entry requirements</p>	<p>Applicants should normally have 32 UCAS Tariff points. We will also welcome applications from students with few or no formal Level 3 qualifications who wish to return to education.</p> <p>Candidates must show sufficient motivation to benefit from study at this level.</p> <p>A Disclosure and Barring Service (DBS) check is not an entry requirement, however if you take part in work-related experience, visits or placements to settings or educational establishments where you are undertaking regulated activity, the setting may determine that a DBS check is required. You will be required to undergo a DBS check and arrange this through the University before undertaking the activity.</p>	
<p>About the course</p>		
	<p>The foundation year will prepare to study at degree level by developing your academic study skills and confidence. You'll study introductory modules related to coaching, counselling and mentoring.</p> <p>In Year 1, you'll gain a solid understanding of the requirements for building and maintaining relationships with clients in the one to one and group context. You'll explore a wide range of contexts by visiting work places and you'll gain real life insights from experts working in related professions.</p> <p>As you progress through the course, you'll develop your skills in mentoring, coaching and counselling to an advanced level and you'll learn how to examine, analyse and critically evaluate a range of interpersonal and therapeutically informed strategies and interventions to support others.</p> <p>By the end of the course you should have a firm grasp of key concepts and theories underpinning the disciplines of counselling, coaching and mentoring. You should also be able to demonstrate a sophisticated critical understanding of a range of professional practice issues and developments within the broad remit of the 'helping professions' and be able to apply a critical understanding of</p>	<p>Because of social distancing guest speakers may be accessed through on-line means</p>

	<p>reflective and reflexive practice.</p> <p>You'll be taught by a skilled teaching team with specialist knowledge and experience in the disciplines of counselling, coaching and mentoring, related professions and research. Your direct teaching through lectures, seminars and group and individual tutorials will be complemented by use of the virtual learning environment, (VLE) guided reading, project-related activity and visits and input from professional practitioners and representatives.</p> <p>Lectures will be used to underpin key concepts and initiate areas of study. Seminars, workshops and discussion will focus on developing critical thinking, enabling you to comment on aspects of current research and to devise, justify and sustain your arguments. You'll be expected to work collaboratively in pairs, groups and action learning sets for the purposes of support and critical reflection.</p> <p>Throughout the course, you'll be encouraged to take responsibility for your own learning, and to develop a range of graduate attributes including (but not limited to): conceptual understanding of how to devise and sustain arguments and/or to solve problems using ideas and techniques; managing your own learning and making use of scholarly reviews and primary sources; preparing for future success through work-related experiences in small negotiated projects and in your independent study.</p>	
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Module information

Please note that the list of optional modules and their availability may be subject to change. We continually review and where appropriate, revise the range of modules on offer to reflect changes in the subject and ensure the best student experience. Modules will vary when studied in combination with another subject.

Core year 0

	<p>Applied English, Maths and Science Skills for Education</p> <p>The aim of the module is to enable you to become more confident and competent in English, Maths and Science and to understand and use these effectively to support your academic study. You will be introduced to the application of English, Maths and Science in education and some of the conventions and ethical issues surrounding the use of social media in education.</p>	
	<p>Communication and Academic Skills for Higher Education</p> <p>The aim of the module is to introduce you to ways of researching and communicating ideas in higher education. You will be introduced to conventions of academic writing and ways of analysing information and presenting and evidencing your work within the context of your degree studies.</p>	
	<p>Introduction to Education</p> <p>You will discuss issues related to the study of education within a current and a historical context. You will develop your spoken and interpersonal skills through managed and focused discussion and debate on relevant topics.</p>	
	<p>Introduction to Human Development through the Lifespan</p> <p>In this module, you'll explore the physical and psychological factors that can influence human development from conception to old age. You will focus on key underpinning theoretical explanations of human development and you'll look at how these align with current understanding of individual differences.</p>	
	<p>Personal and Career Development</p>	

	<p>In this module, you will study key concepts relating to career development. Through discussion and evaluation of various presented personal narratives, you will identify the opportunities and barriers facing individuals in their personal development and their career choices within societal parameters. You will consider, depict and present potential positives and issues relating to your own future.</p>	
	<p>Introduction to Counselling, Coaching and Mentoring</p> <p>The aim of the module is to introduce students to a range of helping professions within which counselling, coaching and mentoring relationships are developed. The concept of a helping relationship will be explored and students will identify and define the activities of counselling, coaching and mentoring.</p>	
Core year 1		
	<p>Orientation to Higher Education and Research Core module - (20 Credits)</p> <p>This module will introduce you to research within the context of education. You will learn about University processes and procedures related to assignment submission, as well as support that is available more broadly through lectures and tutorials.</p>	
	<p>Introduction to Coaching and Mentoring Core module - (20 Credits)</p> <p>This module will enable you to: build theoretical knowledge of the differences and similarities of coaching and mentoring; identify and evaluate a range of models of coaching and mentoring; and consider the application of models to a variety of client groups and contexts. You will engage in peer mentoring and/or coaching and you will reflect on your experiences of being a mentee or coachee.</p>	
	<p>Approaches to Counselling and Therapy Core module - (20 Credits)</p>	

	<p>In this module, you will study key counselling theories and approaches, focusing on principles of humanistic approaches and the application of person-centred counselling and therapy. You will explore in depth the concept of a therapeutic alliance and the core conditions of the person-centred approach. You will also develop your practical skills.</p>	
	<p>Exploring the Professional Context Core module - (20 Credits)</p> <p>This module will provide you with an opportunity to explore the different contexts in which counselling, coaching and mentoring take place and to consider in which circumstances any or all of these skills might be appropriate.</p>	
Optional year 1		
	<p>Reflective Practice and Creativity Optional module - (20 Credits)</p> <p>In this module, you will be introduced to the theory and practice underpinning reflective and reflexive practice. This will be underpinned by an appreciation of how the creative process and the arts can be employed to support self-development, resolve inner conflict, build resilience and future growth.</p>	
	<p>Responding to Refugees Optional module - (20 Credits)</p> <p>This module aims to give you authentic, emotionally meaningful and practical insights into the application of humanitarian values in challenging circumstances. You will explore the causes and experience of migration worldwide and develop an appreciation of the range of public and media responses to migration and asylum.</p>	
Core year 2		
	<p>Exploring Research: Methods, Methodologies, and Implications for Practice Core module - (20 Credits)</p>	

	<p>The module aims to provide you with the knowledge to equip you to be able to design and conduct a small-scale research project with or about children, young people or adults.</p>	
	<p>Coaching and Mentoring in Context Core module - (20 Credits)</p> <p>In this module, you will explore the different professional contexts in which coaching and mentoring take place.</p>	
	<p>Reflective Personal Development Core module - (20 Credits)</p> <p>In this module, you will explore the nature of learning from experience and critical reflection, with a particular emphasis on career development within the helping professions.</p>	
	<p>Integrative approaches to counselling and therapy Core module - (20 Credits)</p> <p>The aim of the module is for you to develop a deep understanding of a range of key counselling theories, approaches and skills. Building on the earlier module Counselling Theory and Skills, you will critically examine the principles and features of transactional analysis, Cognitive Behavioural Therapy (CBT) and Solution-Focused Brief Therapy (SFBT).</p>	<p>This module builds on the Approaches to Counselling and Therapy module particularly, rather than Counselling Theory and Skills</p>
Optional year 2		
	<p>Therapeutic work with Children and Young People Optional module - (20 Credits)</p> <p>In this module, you will develop your understanding of the opportunities and complexities of working with children and young people in the helping professions. You will consider how and why children and young people may need additional support relating to areas such as adverse life experience, emotional wellbeing and mental health issues.</p>	
	<p>Working with diversity: knowing me,</p>	

	<p>knowing you Optional module - (20 Credits)</p> <p>The aim of this module is to examine self-identity, beliefs and values in the context of working with diversity, using key theories of identity to explore personal, cultural and structural constructs.</p>	
	<p>Representation and the Media Optional module - (20 Credits)</p> <p>In this module, you'll learn about the impact on children and adults of a range of different types of media including newspapers, film, radio, television, internet, video games and social media. You will explore how media both represents and challenges thinking about social diversity.</p>	
Core year 3		
	<p>Independent study Core module - (20 or 40 Credits)</p> <p>In both the 20 and 40 credit routes you will investigate an issue of your choice, related to your studies. If you take the 40 credit route, you will write a full dissertation and you will have a supervisory tutor to guide you through this. This module is deigned to help develop your ability to work independently to defined aims, and to construct and undertake a research project over the duration of the final year of undergraduate study. The research should take the form of an empirical study or policy critique addressing a relevant, coherent question/area of research based on an aspect of your course.</p>	
	<p>Research in Action: Social Action, Advocacy and Participation Core module - (20 Credits)</p> <p>If you are interested in the third sector, you can choose to design and implement a research project in partnership with charities, voluntary organisations and community groups. You will research and investigate how to explore and address a question related to counselling, coaching or mentoring within your organisation. You will</p>	

	<p>work collaboratively with a lead academic, fellow students and most importantly, members of the community, to advocate and champion individual and/or community voices within a specific area of need.</p>	
	<p>Mentoring and Coaching in Action Core module - (20 Credits)</p> <p>You will build on the mentoring and coaching knowledge and skills gained earlier on in the course. You will be able to put theory into practice by becoming a peer mentor or coach in a work-related opportunity.</p>	<p>At present we do not know what social distancing measures, if any, will apply at the time this module runs. It may be possible to take the practical element of this module in a face-to-face way as normal, or it may be possible to do this by observing social distancing. The ways in which social distancing might apply are not always within our control. If it is not possible for students to attend the relevant setting or activity in person we will conduct these through on-line means, or through making use of recorded materials. We will take account of any advice from the Government or the University and in how we run the module and the programme, and will keep you fully informed of what this means for your studies.</p>
	<p>Working with clients in groups Core module - (20 Credits)</p> <p>In this module, you'll develop a critical understanding of the aim, role and range of group work used within the helping professions. You will examine key theories and concepts relating to group work including group dynamics, roles and therapeutic processes. You will also explore different types of group sessions including personal learning and development groups, self-help and therapeutic groups.</p>	
	<p>Advanced Counselling and therapeutic skills in context Core module - (20 Credits)</p> <p>In this module, you will develop a critical understanding of the different counselling and therapeutic approaches that can be used for meeting different client needs. You will examine these needs in different contexts, including, schools, secure environments, private practice and community settings.</p>	

Optional year 3		
	<p>Therapeutic Services, Creative and Expressive Arts Optional module - (20 Credits)</p> <p>In this module, you'll consider and explore the benefits of using the creative and expressive arts in special needs and mental health settings.</p>	
	<p>Supporting Speech, Language and Communication Needs Optional module - (20 Credits)</p> <p>In this module, you'll learn about the range of speech, language and communication needs that may be experienced by individuals across the lifespan.</p>	
How you'll learn		
Teaching	<p>You will be taught through a combination of lectures, seminars and practical workshops. Seminars will enable you to discuss and develop your understanding of topics covered in lectures in smaller groups.</p> <p>You will typically have around 50 hours of contact time per module, generally consisting of lectures, seminars, practicals, and one-to-one meetings.</p> <p>Your actual contact hours will depend on the optional modules you select</p> <p>All courses are informed by the University's Learning and Teaching Strategy 2015-2022.</p>	<p>As a result of the ongoing COVID-19 situation, we have redesigned our courses so that they can deliver a mix of face-to-face and digital learning. This will mean that courses can continue while following social distancing rules, even if further lockdowns occur. We have tried to do this in a way that is purposeful, thoughtful and driven by your likely needs.</p> <p>All lectures will be delivered digitally. Small interactive lectures may happen on campus (if suitable rooms are available).</p> <p>This means that as part of 'contact hours' for the course, you can expect to engage with a structured mix of:</p> <ul style="list-style-type: none"> • on-site face-to-face teaching • 'live' digital teaching • other digital activities. <p>We will take into account any guidance from local or national governments and the University, and will keep you informed of any changes that are necessary.</p>
Independent study	<p>When not attending lectures, seminars, workshops or other timetabled sessions you</p>	

	<p>will be expected to continue learning through self-study. Typically, this will involve reading journal articles and books, undertaking research in the library, working on projects, preparing coursework assignments/examination, and preparing for workshops and seminars.</p> <p>Your module tutor will direct you towards specific readings and/or activities that you will be expected to complete before class.</p>	
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Overall workload	Each taught module has an expected total study time of 200 hours split between 50 hours of contact and 150 hours of independent study.	
Academic input	<p>You will be taught by a skilled teaching team with specialist knowledge and experience in the disciplines of counselling, coaching and mentoring, related professions and research.</p> <p>Your direct teaching through lectures, seminars, group and individual tutorials, will be complemented by use of the University's virtual learning environment (VLE), guided reading, project-related activity and visits, and input from professional practitioners and representatives</p>	
How you'll be assessed		
	Reflecting the nature and content of this course we will assess both your academic knowledge and also the development and understanding of professional interpersonal skills. You will undertake a variety of assessment methods over the three years, which have been designed to allow you to build and enhance knowledge as you progress through your degree. These will include, but are not limited to: case studies, oral and visual presentations, reflective accounts, critical reviews, essays, social action projects and dissertations.	Reflecting the nature and content of this course we will assess both your academic knowledge and also the development and understanding of professional interpersonal skills. You will undertake a variety of assessment methods over the four years, which have been designed to allow you to build and enhance knowledge as you progress through your degree. These will include, but are not limited to: case studies, oral and visual presentations, reflective accounts, critical reviews, essays, social action projects and dissertations.
Fees		
UK/EU	Full-time - Foundation Year 0 - £7,050	
	Full-time - years 1-3 - £9,250	
Overseas	Full-time - years 0 £9,910	
	Full-time - years 1-3 £13,000	
Course specific costs		
Accommodation costs for Placements	N/A	
Clothing / Kit	N/A	
Professional accreditation	N/A	

Industry links	N/A	
Other important information		
	N/A	
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