



UNIVERSITY
of
TECHNOLOGY,
MAURITIUS

School of Sustainable Development and Tourism

BA (Hons.) Counselling

PROGRAMME DOCUMENT

VERSION 5.0
BCNLG 5.0
JULY 2021

University of Technology, Mauritius

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BA (Hons) Counselling

A. PROGRAMME INFORMATION

This Three-year full-time and four years part-time Degree programme is designed to meet the growing needs of professionals and other persons confronted with the demand for help and support coming from employees and employers from both the Public and the Private sector, Parastatal bodies, NGO's and other Institutions. It is mainly geared towards young persons as well as mature adults interested in the practical and theoretical issues related to counselling. This programme is intended for both, people seeking training in the field of counselling, and those who are already involved in counselling activities and who wish to enhance their knowledge and skills as practicing professionals in the sectors of health, education, social & other welfare services; and other related sectors. The major target audiences include: social workers, probation officers, family counselors, health workers, personnel involved in the care of the elderly, teachers, welfare officers, substance abuse rehabilitation officers, rehabilitation officers , and other individuals involved in counselling including fresh secondary school students wanting to embrace a career in the field of counselling.

B. PROGRAMME AIMS

This programme aims to focus on professional counseling practices, by extending knowledge, expertise and skills through the application of a person-centered approach to problems and issues related to counselling within the society. It is designed to equip the course participants with the necessary knowledge and skills to work with people in need of counselling in institutions and situations arising in the various sectors of human life. It will support the professional development of those already involved in counselling while adding an academic dimension to their existing competencies , with a view to make them more efficient practitioners.

C. PROGRAMME OBJECTIVES

- Develop an understanding of the underlying philosophical and different approaches to counselling and work towards adopting a strong foundation for ethical and professional practice in the field of counselling. Identify issues and tasks relevant to the counselling process.
- Develop an understanding of the social problems and their impact on individuals within the social context.
- Provide opportunities to investigate emerging societal case studies through the application of theory into practice. Apply knowledge and skills in structuring counselling sessions to effectively empower persons seeking help.
- Appreciate the effects of organizational and societal influences on the everyday life of people. Recognize the need to adopt a person-centered approach to effective counselling.
- Develop necessary listening skills and use them effectively in counselling sessions.

PART I - Regulations

D. GENERAL ENTRY REQUIREMENTS

As per UTM's Admissions Regulations, and 'Admission to Programmes of Study at Degree Level'.

E. PROGRAMME ENTRY REQUIREMENTS

As per UTM General Entry requirements

F. PROGRAMME MODE AND DURATION

Full Time: Minimum 3 Years, Maximum 5 Years

Part Time: Minimum 4 Years, Maximum 7 Years

Each academic year includes two semesters.

G. TEACHING AND LEARNING STRATEGIES

The programme will employ a wide variety of teaching methods. One Module will carry 150 hours of learning comprising of 45 contact hours of delivery which could be any combination of face to face, online and blended. The remaining 105 hours will cover Self Learning. Self-learning will be the key feature of the programme, enabling students to explore, investigate and research into the various topics, interact with practitioners, and work in teams on projects.

The University recognises the importance of practical experience and its value to employers consequently work Placement holds a significant place in the degree as it allows full-time students to obtain first-hand exposure before taking up employment after graduation. Part-time students will be required to submit a portfolio.

H. STUDENT SUPPORT AND GUIDANCE

In addition to lectures, group tutorials or individual tutorials are arranged for students.

I. Attendance Requirements

As per UTM's Regulations and Policy.

J. Credit System

This programme is aligned with the European Credit and Transfer System (ECTS):

All the modules will carry 6 credits as per the programme structure.

Work placement/ Portfolio - 6 credits and the Dissertation – 12 credits

For the award of a Certificate - 60 credits are required

For the award of a Diploma - 120 credits are required

For the award of a Degree- 180 credits are required

K. STUDENT PROGRESS AND ASSESSMENT

For the award of the Degree, all modules must be passed in the examinations, coursework or other forms of assessment.

The programme will be assessed as follows:

1. Unless otherwise specified, all modules will consist of written examinations of 2 hours per module. The assessment weightage per examination-based module is 70% for written examinations and 30% for continuous assessment such as seminars, presentations, class tests and written assignments.

All modules are normally assessed over 100 marks, except for project/dissertation where it shall be as specified in the programme.

2. The module 'Essentials of Statistics' will be assessed through 50% coursework and 50% exams. The Coursework should include at least 2 class tests and a formal assignment.
3. The following modules will be assessed 100% coursework as follows:
 - Social Research Methods will be assessed by project based assignment involving fieldwork, report and presentation.
 - Full-time students will be assessed for the Professional Placement in Year 2 Semester 2 which will be conducted for a total of 360 hours. Working students will be assessed for Portfolio as per the portfolio guideline. Students must demonstrate that they have achieved the learning objectives specified as per the work-placement guidelines. The placement supervisor will be required to fill out a feedback appraisal form pertaining to student's performance during the placement.

L. EVALUATION OF PERFORMANCE

Grading

Overall Marks	Grade
$70 \leq X \leq 100$	A
$60 \leq X < 70$	B
$50 \leq X < 60$	C
$40 \leq X < 50$	D
$X < 40$	F
A-D	Pass
F	Fail

The percentage mark at Level 1 contributes a 20% weighting towards the Degree classification.

The percentage mark at Level 2 contributes a 30% weighting towards the Degree classification.

The percentage mark at Level 3 contributes a 50% weighting towards the Degree classification.

M. AWARD CLASSIFICATION

First Class with Honours	$CPA \geq 70$
Second Class First Division with Honours	$60 \leq CPA < 70$
Second Class Second Division with Honours	$50 \leq CPA < 60$
Third Class with Honours	$45 \leq CPA < 50$
Pass	$40 \leq CPA < 45$
No Award	$CPA < 40$

N. PROGRAMME ORGANISATION AND MANAGEMENT

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Part II - Programme Structure

O. BA (Hons) Counselling – Full Time (Version 5.0)

YEAR 1							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L+SL	Credits	Code	Modules	Hrs/Wk L+SL	Credits
MGPL 1105B	<i>Essentials of Psychology</i>	3+7	6	CNLG 1311B	<i>Social Psychology</i>	3+7	6
SSCI 1101B	<i>Introduction to Sociology</i>	3+7	6	OSHM 1118B	<i>Workplace Safety and Health Promotion</i>	3+7	6
CNLG 1103B	<i>Counselling Theory and Principles</i>	3+7	6	CNLG 1310B	<i>Skills in Counselling and Personal Development I</i>	3+7	6
MBUS 1102B	<i>Principles and Practices of Management</i>	3+7	6	STAT 1104B	<i>Essentials of Statistics</i>	3+7	6
SCI 1601B	<i>Introduction to Physiological Psychology</i>	3+7	6	SSDV 1104B	<i>Sustainability for Social Sciences</i>	3+7	6
→ Start of Level 1				Finish of Level 1 →			
YEAR 2							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L+SL	Credits	Code	Modules	Hrs/Wk L+SL	Credits
CNLG 2312B	<i>Skills in Counselling and Personal Development II</i>	3+7	6	CNLG 2316B	<i>Substance Abuse Counselling</i>	3+7	6
MBUS 2103B	<i>Managing public and private welfare institutions</i>	3+7	6	CNLG 2315B	<i>Sexuality Counselling</i>	3+7	6
CNLG 2313B	<i>Children, Adolescent and Peer Counselling</i>	3+7	6	CNLG 2317B	<i>Workplace and Career Counselling</i>	3+7	6
CNLG 2314B	<i>Family and Marriage Counselling</i>	3+7	6	WPL2000B	<i>Workplacement</i>		6
SCI 2202B	<i>Work behaviour</i>	3+7	6				
CNLG 2204B	<i>Counselling Ethics and Legal Framework</i>	3+7	6				
Start of Level 2 →				→ Finish of Level 2			

YEAR 3							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L+SL	Credits	Code	Modules	Hrs/Wk L+SL	Credits
CNLG 3318B	Stress Disorders & Anger Management	3+7	6	PSY 3203 B	Psychotherapy	3+7	6
CNLG 3319B	Social Care Counselling & Community Services	3+7	6	CNLG 3320 B	Clinical Counselling : Mood Disorders , Suicide, Bereavement & Post Traumatic Counselling	3+7	6
STAT 3306B	Social Research Methods	3+7	6	OPS 3205B	Project Management	3+7	6
GTLY 3101B	Gerontology	3+7	6	LWS 3602B	Understanding Criminal Behaviour	3+7	6
				DISS 3000	Dissertation		12
	Dissertation Starts						
→ Start of Level 3				Finish of Level 3 →			

Total Number of Credits: 180

P. BA (Hons) Counselling – Part Time (Version 5.0)

YEAR 1							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L + SL	Credits	Code	Modules	Hrs/Wk L + SL	Credits
MGPL 1105B	Essentials of Psychology	3+7	6	SCI 1601B	Introduction to Physiological Psychology	3+7	6
SSCI 1101B	Introduction to Sociology	3+7	6	SSDV 1104B	Sustainability for Social Sciences	3+7	6
CNLG 1103B	Counselling Theory and Principles Counselling Theories and Approaches	3+7	6	CNLG 1311B	Social Psychology	3+7	6
MBUS 1102B	Principles and Practices of Management	3+7	6				
→ Start of Level 1							
YEAR 2							
Semester 3				Semester 1			
Code	Modules	Hrs/Wk L + SL	Credits	Code	Modules	Hrs/Wk L + SL	Credits
OSHM 1118B	Workpalce Safety and Health Promotion	3+7	6	MBUS 2103B	Managing public and private welfare institutions	3+7	6
CNLG 1310B	Skills in Counselling and Personal Development I	3+7	6	SSCI 2202B	Work behaviour	3+7	6
STAT 1104B	Essentials of Statistics	3+7	6	CNLG 2313B	Children, Adolescent and Peer Counselling	3+7	6
				CNLG 2312B	Skills in Counselling and Personal Development II	3+7	6
End of Level 1				→ Start of Level 2			
YEAR 3							
Semester 2				Semester 3			
Code	Modules	Hrs/Wk L + T	Credits	Code	Modules	Hrs/Wk L + T	Credits
CNLG 2316B	Substance Abuse Counselling	3+7	6	CNLG 2314B	Family and Marriage Counselling	3+7	6
CNLG 2315B	Sexuality Counselling	3+7	6	CNLG 2317B	Workplace and Career Counselling	3+7	6
CNLG 2204B	Counselling Ethics and Legal Framework	3+7	6	PORT 2000B	Portfolio		6

				→ End of Level 2			
YEAR 4							
Semester 1				Semester 2			
Code	Modules	Hrs/Wk L + SL	Credits	Code	Modules	Hrs/Wk L + SL	Credits
CNLG 3318B	<i>Stress Disorders and Anger Management</i>	3+7	6	PSY 3203 B	<i>Psychotherapy</i>	3+7	6
CNLG 3319B	<i>Social Care Counselling and Community Services</i>	3+7	6	CNLG 3320 B	<i>Clinical Counselling : Mood Disorders , Suicide, Bereavement and Post Traumatic Counselling</i>	3+7	6
STAT 3306B	<i>Social Research Methods</i>	3+7	6	OPS 3205B	<i>Project Management</i>	3+7	6
GTLY 3101B	<i>Gerontology</i>	3+7	6	LWS 3602B	<i>Understanding Criminal Behaviour</i>	3+7	6
DISS 3000B	<i>Dissertation</i>			DISS 3000B	<i>Dissertation</i>		12
→ Start of Level 3				→ End of Level 3			

Total Number of Credits: 180