University of Suffolk

DEFINITIVE COURSE RECORD

Course Title	**BSc (Hons) Psychology and Counselling**
Awarding Bodies	**University of Suffolk**
Level of Award[1]	**FHEQ Level 6**
Professional, Statutory and Regulatory Bodies Recognition	**British Psychological Society**
Credit Structure[2]	**360 Credits** **Level 4: 120 Credits** **Level 5: 120 Credits** **Level 6: 120 Credits**
Mode of Attendance	**Full-time**
Standard Length of Course[3]	**3 years full-time**
Intended Award	**BSc (Hons) Psychology and Counselling**
Named Exit Awards	**DipHE Psychology and Counselling** **CertHE Psychology and Counselling**
Entry Requirements[4]	**112 UCAS tariff points (or above), BBC (A-Level), DDM (BTEC), Merit (T-Level) or Access to HE Diploma with a minimum of 45 Level 3 credits at merit grade or above. Plus GCSE grade C/4 or above in English and Mathematics (or equivalent).**
Delivering Institution(s)	**University of Suffolk**
UCAS Code	**CB89**

This definitive record sets out the essential features and characteristics of the BSc (Hons) Psychology and Counselling course. The information provided is accurate for students entering level 4 in the 2027-28 academic year[5].

Course Summary

BSc (Hons) Psychology and Counselling at the University of Suffolk offers an engaging and complementary blend of psychological and counselling/psychotherapeutic perspectives on understanding human thought, emotion, and behaviour. The degree is BPS-accredited, covering all core areas of psychology and enabling eligibility for Graduate Basis for Chartered Membership (GBC). This joint degree combines the scientific and practice applications of psychology and counselling, helping you to develop both a critical understanding of the mind and self-awareness of the effective use of self in the counselling relationship. It is also

[1] For an explanation of the levels of higher education study, see the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)
[2] All academic credit awarded as a result of study at the University adheres to the Higher education credit framework for England.
[3] Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the Framework and Regulations for Undergraduate Awards.
[4] Details of standard entry requirements can be found in the Admissions Policy and further details about Disclosure and Barring Checks (DBS) can be found on the University's DBS webpage.
[5] The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the Admissions Policy.

strengthened by a culture of continuous critical self-reflection among the course team, ensuring the programme remains current, inclusive, and research-informed.

Students gain a strong, holistic foundation in the core areas of psychology identified by the BPS, developing an understanding of the complex interactions between biological, cognitive, developmental, social, and individual factors. Alongside this, you will study the key theoretical approaches to counselling, including humanistic, psychodynamic, and cognitive-behavioural models, while developing essential interpersonal and reflective skills for effective helping relationships. You will consider ethical practice, boundaries, and self-awareness in professional contexts and examine how psychological theory informs therapeutic techniques and wellbeing interventions. This theoretical grounding is progressively applied through practical work and research training, as students design, conduct, analyse, and report empirical studies, becoming increasingly independent researchers. Through studying psychology and counselling, you will learn how to apply psychological knowledge to real-world helping roles and to explore how theory, research, and reflective practice interact in supporting others.

Together, these disciplines provide a comprehensive and critical understanding of both the science of behaviour and the art of facilitating personal growth and emotional resilience. The degree offers a research-informed curriculum taught by expert staff in state-of-the-art facilities, including our £13 million Health and Well/being Building and psychology laboratories equipped with over £320,000 worth of specialist technology such as EEG and eye-tracking equipment. The degree includes guest speakers, collaborative projects, and employer-linked teaching, further enhancing your academic and professional development and preparing you for a wide range of careers in psychology, counselling, and allied professions. Ranked 1st in the UK for graduate employment and further study (Guardian 2023), our undergraduate psychology degrees prioritise employability and applied learning across both disciplines. Small-group teaching, personalised academic support, and a strong focus on wellbeing create an inclusive learning environment where you can thrive both personally and professionally.

Course Aims

1. Foster a scientific understanding of the mind, brain, behaviour, and experience, and their interaction with complex individual, social, environmental, and counselling/psychotherapeutic contexts.
2. Develop students' ability to design, conduct, and critically evaluate research, by providing a solid foundation in a range of quantitative and qualitative methods, analytical techniques, and ethical research practices.
3. Promote critical engagement with theory and research evidence in psychology and counselling/psychotherapy, encouraging students to appreciate how theory informs research, and how data constrain and refine theoretical models.
4. Encourage the exploration of multiple perspectives in psychology and counselling/psychotherapy, supporting students in evaluating diverse approaches and fostering reflective, integrative thinking.
5. Cultivate awareness of the ethical, cultural, and societal implications of research and practice in psychology and counselling/psychotherapy, enabling students to engage responsibly with local, national, and global challenges.
6. Develop students' knowledge of counselling practice through self-awareness and the effective use of self in the counselling relationship.
7. Support the development of practical and transferable skills, including effective communication, teamwork, data literacy, problem-solving, and open-mindedness to prepare graduates for a wide range of professional contexts.

8. Apply knowledge to real-world issues in psychology and counselling/psychotherapy, enabling students to understand and address a range of behaviours and experiences and propose appropriate responses.

Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Psychology and Counselling course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 4/5/6 awards as set out by the UK Quality Assurance Agency (QAA)[6].

1. Integrate knowledge across psychological and counselling/psychotherapeutic domains to provide a critical and coherent understanding of human behaviour.
2. Formulate original, psychologically informed research questions, and investigate them through critical and innovative enquiry, making judgements based on evidence.
3. Design, conduct and evaluate an ethically compliant, independent empirical project that demonstrates autonomy in methodology, data collection/analysis, and critical interpretation.
4. Synthesise conceptual/scholarly research and credible data to construct compelling evidence-based arguments that evaluate competing perspectives and propose appropriate responses to problems in psychology and counselling.
5. Communicate complex ideas and project findings effectively and professionally to specialist and non-specialist audiences, using appropriate terminology and academic conventions.
6. Consistently apply professional standards, ethical reasoning, and scientific integrity in independent research and applied work.
7. Critically reflect on personal and professional development, demonstrating autonomy, resilience, and readiness for employment or postgraduate study.

Course Design

The design of this course has been guided by the following QAA Benchmarks / Professional Standards:

- Subject Benchmark for Psychology (2023)
- Subject Benchmark for Counselling and Psychotherapy (2022)
- British Psychological Society Standards for the accreditation of undergraduate, conversion and integrated Masters programmes in Psychology (2024)

Course Structure

The BSc (Hons) Psychology and Counselling comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

	Module	Credits	Module Type[7]
Level 4			
	Psychological Research and Skills	30	M
	Psychological Approaches	30	M

[6] As set out in the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)

[7] Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the Framework and Regulations for Undergraduate Awards

	Foundations in Counselling Theory	30	R
	Professional and Reflective Practice in Counselling	30	R
	Research Participation	0	R
Level 5			
	Applied Biological and Cognitive Psychology	30	M
	Applied Social and Developmental Psychology	30	M
	Psychodynamic Perspectives in Counselling	30	R
	Humanistic Perspectives in Counselling	30	R
	Research Participation	0	R
Level 6			
	Psychology Project	30	M
	Pathways to Psychopathology	30	M
	Introduction to Cognitive Behaviour Therapy	30	R
	Issues in the Counselling Room	30	R

We regularly review our curriculum to ensure it is up-to-date, relevant, draws on the latest research and addresses contemporary issues. As a result, the modules we offer may change over the course of your degree.

Awards
On successful completion of the course, students will be awarded a BSc (Hons) Psychology and Counselling. Students who leave the course early may be eligible for a DipHE Psychology and Counselling on successful completion of 240 credits including all mandatory modules at levels 4 and 5, or a CertHE Psychology and Counselling on successful completion of 120 credits including all mandatory modules at level 4.

Course Delivery
The course is delivered at Ipswich. Students studying full-time on BSc (Hons) Psychology and Counselling are likely to have approximately 298 contact hours for level 4, 226 contact hours for level 5 and 144 contact hours for level 6, plus additional contact hours for tutorials associated with the dissertation across an academic year. The contact hours will be a mix of lectures, seminars, practical activities, tutorials, workshops, and guided learning activities through the online learning environment. Students will normally be expected to undertake 910hours at level 4, 980 hours at level 5, and 1060 hours at level 6 of independent study across the academic year but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment
A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes.

Special Features
On successful completion of the BSc (Hons) Psychology and Counselling students are eligible for membership with the British Psychological Society. Graduates who have passed the empirical psychology project and gained a minimum of a 2:2 overall are eligible to apply for

the Graduate Basis for Chartered Membership (GBC) of the British Psychological Society (BPS).

Course Team
The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute and are registered, or eligible for membership, with the appropriate professional body (i.e. BPS, BACP, UKCP).

Course Costs
Students undertaking BSc (Hons) Psychology and Counselling will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK	£10,050 per year
Part-time UK	N/A
Full-time EU/International	£16,000 per year
Part-time EU/International	N/A

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Academic Framework and Regulations
This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the website.