

MODULE DIRECTORY

LEVEL 3

SCHOOL OF PSYCHOLOGY AND COUNSELLING

FACULTY OF EDUCATION, COMMUNITY AND CULTURE

2026-2027

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INTRODUCTION

This Module Directory includes all the modules for Level 3 within the School of Psychology and Counselling in the academic year 2026-2027.

This directory accompanies the Programme of Study Handbook, which will provide you with details of which modules you will be studying for your programme this year in the 'Programme of Study' section. This directory may include modules that are running on other programmes of study within your School/Faculty. If you require assistance in identifying the modules for your programme of study, please contact the Programme Manager (whose name and contact details are provided in the accompanying Programme of Study Handbook), or the relevant Faculty Office.

The University has made every effort to make the information as full and as accurate as possible, but you should note that minor changes in the organisation of modules between the planning stage and the actual teaching are inevitable. We shall try to keep any such changes to a minimum, and you will receive plenty of advance warning in the event of any alteration. We would also be grateful if you would let us know about any changes that you think might be helpful if introduced into future handbooks.

MODULES

Module Code	ECPS3001
Title	Academic and Digital Skills
Date	15/10/2025
Level	3
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To introduce students to essential academic and digital skills needed for success in higher education, including effective communication, information literacy, digital tool use, and the ability to work independently and ethically in a technology-rich learning environment.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- understand elements of academic skills;
- understand elements of digital skills.

INDICATIVE CONTENT

- Introduction to the Virtual Learning Environment (VLE), including navigating Moodle, accessing learning materials, submitting assignments, and using key digital tools to support academic study. (Moodle and VLE).
- Introduction to the principles of academic referencing, including why referencing is important and how to cite sources appropriately.
- Exploration of key digital technologies used in academic study, with a focus on developing digital literacy skills.
- Introduction to the role of artificial intelligence (AI) in education, including how AI tools can support learning, the ethical use of AI in academic work, and developing an awareness of its benefits and limitations.
- Development of clear and effective academic writing and presentation skills, including structuring ideas, using appropriate language and tone, and delivering information confidently in written and spoken formats.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio	Minimum Four elements	100%

Assessment summary

Activity type	Percentage
Written exam	0%
Coursework	100%
Practical	0%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module Code	ECPS3001	
Module Title	Academic and Digital Skills	
Classification	Reading List Entry	Electronic
Essential	Cottrell, S. (2024). <i>The study skills handbook</i> (Sixth edition.). Bloomsbury Academic.	☐
Essential	Hopkins, D., & Reid, T. (2024). <i>The academic skills handbook : your guide to success in writing, thinking and communicating at university</i> (2nd edition.). SAGE Publications.	☐
Essential	Godfrey, J. (2022). <i>Writing for university</i> (Third edition.). Bloomsbury Academic..	☐
Further	Pears, R., & Shields, G. J. (2022). <i>Cite them right : the essential referencing guide</i> (12th edition.). Bloomsbury Academic.	☐

Further	Price, M. (2021). <i>Microsoft 365 in easy steps</i> . In Easy Steps Limited	☐
Further	Godfrey, J. (2023). <i>Reading and making notes</i> (Third edition.). Bloomsbury Academic.	☐
Further	Cottrell, S. (2021). <i>Skills for success: personal development and employability</i> (4th edition.). Red Globe Press.	☐

Module Code	ECPS3002
Title	Exploring People's Thinking and Behaviour
Date	15/10/2025
Level	3
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To develop students understanding of the scope of psychology, and its capacity to explain aspects of human life and develop strategies to support human experience and functioning within society.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- understand ways in which psychology can explain thought and behaviour;
- appreciate the scope of psychology and its applications.

INDICATIVE CONTENT

- Introduction to the basic differences between the main psychological approaches.
- Exploration of different psychological explanations for human behaviours; examples could include stress behaviours; addictive behaviours.
- Consideration of a range of influences on thinking and behaviour; examples could include sleep and dreaming; personality; interactions between groups and cultures.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written Assignment	1500 words	50%

Assessment Component 2

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
In-class test	1 hour	50%

Assessment summary

Activity type	Percentage
Written exam	0%
Coursework	50%
Practical	50%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module Code	ECPS3002	
Module Title	Exploring People`s Thinking and Behaviour	
Classification	Reading List Entry	Electronic
Essential	Banyard, P., Norman, C., Dillon, G., & Winder, B. (2024). <i>Essential psychology</i> (4th edition.). Sage Publications	☐
Essential	Gross, R. D. (2020). <i>Psychology : the science of mind and behaviour</i> (Eighth edition.). Hodder Education.	☒
Essential	Holt, N., Bremner, A. J., Vliek, M., Sutherland, E., Passer, M. W., & Smith, R. E. (2024). <i>Psychology: the science of mind and behaviour</i> (Fifth edition). McGraw-Hill.	☐
Further	Griggs, R. A., & Jackson, S. L. (2020). <i>Psychology: a concise introduction</i> (Sixth edition.). Worth Publishers.	☒
Further	Gross, R. D. (2012). <i>Key studies in psychology</i> (6th ed.). Hodder Education.	☒

Module Code	ECPS3003
Title	Introducing University Life
Date	15/10/2025
Level	3
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To support students in their transition to university by developing confidence in their understanding of academic expectations, university values, available support services, and key skills needed for successful engagement in university life.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- understand expectations and requirements of university life;
- develop confidence and autonomy in relation to university life.

INDICATIVE CONTENT

- An introduction to university life, including an overview of the expectations of student's behaviour as members of the academic community.
- An overview of the Student Charter, exploring the mutual expectations and responsibilities of students and the university.
- Development of academic reading and writing skills, including effective note taking.
- Introduction to reflective practice and strategies for coping with the challenges of university life.
- Introduction to a range of university assessment types with a focus on understanding their purpose, expectations, and how to approach them effectively.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio	Minimum Four elements	100%

Assessment summary

Activity type	Percentage
Written exam	0%
Coursework	100%
Practical	0%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module Code	ECPS3003	
Module Title	Introducing University Life	
Classification	Reading List Entry	Electronic
Essential	O'Sullivan, K., Bird, N., Robson, J. and Winters, N. (2019). Academic identity, confidence and belonging: The role of contextualised admissions and foundation years in higher education. <i>British Educational Research Journal</i> , 45(3) 554-575. https://doi.org/10.1002/berj.3513	☒
Essential	Office for Students (OfS). (2019). <i>Preparing for degree study: Analysis of Access to Higher Education Diplomas and integrated foundation year courses</i> . Published on 13 May 2019, updated on 14 July 2020.	☒
Essential	Rugg, G., Gerrard, S., & Hooper, S. (2008). <i>The stress-free guide to studying at university: a student's guide towards a better life</i> .	☒
Further	Godfrey, J. (2022). <i>Writing for university</i> (3rd ed). Bloomsbury Academic.	☒

Further	McMillan, K. (2021). <i>The study skills book: your essential guide to university success</i> (4th ed). Pearson Education Limited.	☒
Further	Pritchard, A. (2008). <i>Studying and learning at university: vital skills for success in your degree</i> . Sage Publications.	☒

Module Code	ECPS3004
Title	Psychology and You
Date	15/10/2025
Level	3
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To introduce students to psychology and support students understanding of how psychology concepts can relate to experiences of everyday life, while developing foundational skills for further study in psychology.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- understand how everyday experiences can be explained through different concepts and perspectives in Psychology.

INDICATIVE CONTENT

- An introduction to concepts in cognitive psychology.
- An introduction to developmental psychology, exploring how people grow and change across the lifespan.
- An introduction to the brain and biological psychology.
- An introduction to social psychology, exploring how individuals' thoughts, feelings and behaviours are influenced by the presence and actions of others in social contexts.
- An introduction to individual differences and how these differences influence human experience and interaction.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%

Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Portfolio	Minimum Four elements	100%

Assessment summary

Activity type	Percentage
Written exam	0%
Coursework	100%
Practical	0%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module Code	ECPS3004	
Module Title	Psychology and You	
Classification	Reading List Entry	Electronic
Essential	Banyard, P., Norman, C., Dillon, G., & Winder, B. (2024). <i>Essential psychology</i> (4th ed.). Sage Publications.	☐
Essential	Gross, R. D. (2020). <i>Psychology: the science of mind and behaviour</i> (8th ed.). Hodder Education.	☒
Essential	Holt, N., Bremner, A. J., Vliek, M., Sutherland, E., Passer, M. W., & Smith, R. E. (2024). <i>Psychology: the science of mind and behaviour</i> (5th ed.). McGraw-Hill.	☐
Further	Griggs, R. A., & Jackson, S. L. (2020). <i>Psychology: a concise introduction</i> (6th ed.). Worth Publishers.	☒
Further	Gross, R. D. (2012). <i>Key studies in psychology</i> (6th ed.). Hodder Education.	☒

Module Code	ECPS3005
Title	Researching People with Confidence
Date	15/10/2025
Level	3
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To introduce students to psychological research skills and develop their ability to conduct and write up an independent piece of research at foundation level.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- demonstrate the ability to plan an appropriate research idea;
- demonstrate the ability to conduct and write up independent research.

INDICATIVE CONTENT

- An introduction to the steps involved in the selection and planning of an appropriate research idea and/or question.
- An appreciation of the ethical considerations and procedures involved in real-life data collection and research with human participants.
- An exploration of basic quantitative and qualitative data collection techniques.
- An introduction to the key components and structure required when producing a psychological research report.
- A consideration of appropriate background literature to support, develop and explain a specific research idea and/or question.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%

Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Visual Assessment	5 minutes	30%

Assessment Component 2

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Written Assignment	2,000 words	70%

Assessment summary

Activity type	Percentage
Written exam	0%
Coursework	70%
Practical	30%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module Code	ECPS3005	
Module Title	Researching People with Confidence	
Classification	Reading List Entry	Electronic
Essential	Clark-Carter, D. (2004). <i>Quantitative psychological research: a student's handbook</i> (2nd ed.). Taylor & Francis. https://doi.org/10.4324/9780203462119 .	☒
Essential	Howitt, D., & Cramer, D. (2014). <i>Introduction to statistics in psychology</i> (6th ed.). Pearson.	☒
Further	Harris, P. (2008). <i>Designing and reporting experiments in psychology</i> (3rd ed.). Open University Press.	☒

Module Code	ECPS3006
Title	Skills Beyond the Basics
Date	15/10/2025
Level	3
Credits	20
Pre-Requisites	None
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To further develop students' academic, digital, and transferable skills relevant to psychology beyond a basic level, building confidence in research and supporting their transition to Level Four.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- demonstrate an understanding of different types of psychological research;
- demonstrate an emerging understanding of ethical research.

INDICATIVE CONTENT

- Why Psychologists need to consider ethical issues when conducting research.
- The value of conducting research in Psychology.
- An exploration of the different ways in which Psychologists conduct research.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	30	15%
Independent learning	170	85%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1

☐ Written exam

☒ Coursework

☐ Practical

Mode of assessment	Volume	Weighting
Portfolio	Minimum Four elements	70%

Assessment Component 2☐ Written exam☐ Coursework☒ Practical

Mode of assessment	Volume	Weighting
Individual Presentation	5 minutes	30%

Assessment Summary

Activity type	Percentage
Written exam	0%
Coursework	70%
Practical	30%
TOTAL	100%

This module is not linked to a Professional, Statutory and Regulatory Body (PSRB).

INDICATIVE READING LIST

Module code	ECPS3006	
Module title	Skills Beyond the Basics	
Classification	Reading list entry	Electronic *
Essential	Bos, J. (2020). <i>Research Ethics for Students in the Social Sciences</i> (1st ed. 2020). Springer Nature. https://doi.org/10.1007/978-3-030-48415-6 .	☒
Essential	Bedford, D., & Wilson, E. (2020). <i>Study skills for foundation degrees</i> (Third edition.). Routledge.	☒
Essential	Oliver, P. (2010). <i>The student's guide to research ethics</i> (2nd ed.). McGraw-Hill/Open University Press.	☒
Further	Smale, B., & Fowlie, J. (2009). <i>How to succeed at university: an essential guide to academic skills and personal development</i> . SAGE.	☒
Further	Floridi, L. (2023). <i>The ethics of artificial intelligence: principles, challenges, and opportunities</i> . Oxford University Press. https://doi.org/10.1093/oso/9780198883098.001.0001	☒
Further	Cottrell, S. (2021). <i>Skills for success: personal development and employability</i> (4th edition). Red Globe Press.	☒

