

## Bachelor of Counselling: Degree progression pathway to assist students who are enrolling or re-enrolling

### *Purpose*

Please find below a progression pathway through the Bachelor of Counselling (BCouns). This document will be useful to students who are entering the degree and for students who are re-enrolling in the degree. It describes when units will be offered and what mode of blended learning will be used in each unit. It is particularly helpful when:

1. You are wanting to study part-time. This may necessitate a change of unit sequence. ALC's Academic Dean and Registrar will guide you if a change of sequence is required.
2. You enter the degree other than at Term 1. This may necessitate a change of unit sequence. ALC's Academic Dean and Registrar will guide you if a change of sequence is required.
3. You have credit for one or more units. This may also necessitate a change of unit sequence. ALC's Academic Dean and Registrar will guide you if a change of sequence is required.
4. You have deferred your studies. The table below shows you where you may have "holes" in your study pathway and how to fill them. ALC's Academic Dean and Registrar will guide you with respect to your altered pathway.
5. You need to complete your degree as quickly as possible due to family or work commitments. By planning when to take units well ahead of time you can work-out how to graduate in the shortest time possible.
6. You lead a busy life so have to plan your time commitments carefully. All units nominally require 150 hours of work, however this may include activities such as weekly webinars or even a two day intensive. In addition, some units are more experientially focused while others are more academically focused. Considering how to integrate your life with various study demands is important for both a good academic outcome and for good self-care.

Therefore use this document to plan how best to complete your Bachelor of Counselling. That said, you are never alone as ALC staff are very experienced in helping students to progress well through their studies. So do expect communications from time-to-time from ALC and don't be shy in contacting either your Registrar or Academic Dean.

### *Semester, term, and unit structure*

Most units are taught within an 8 week term and a full-time student takes two units at a time. Given that weeks pass quickly within a term this requires you to be organized with regard to the purchase of unit materials and in completing assessments. Nevertheless a full-time student still completes 4 units in a semester and 8 units in a year – we just find that taking 2 units at a time works better when students lead busy lives. So a full-time student without credits, who does not defer, or has to repeat units, and does not overload their degree, should be able to move from enrollment to graduation in 3 years.

### *How blended learning works*

All units in the Bachelor of Counselling use blended learning. Three forms of blended learning are used across the degree. Depending upon its purpose, a unit may therefore be taught in one of the following ways:

- a) Across 8 weeks you complete 7 weekly online modules in your own time and attend a 2 day compulsory face-to-face intensive in Melbourne. Easter aside (i.e., Term 1), the intention is to hold 1<sup>st</sup> year intensives in Week 5 of the term, 2<sup>nd</sup> year intensives in Week 6, and 3<sup>rd</sup> year intensives in Week 5. A full-time student may also have to attend up to 2 intensives in a week depending upon their study plan and unit scheduling. If so, the first intensive will be held on Monday-Tuesday and the second on Thursday-Friday. It is also anticipated that interstate students will travel to Melbourne once per year to attend an intensive in person. Interstate students will otherwise attend online.
- b) You complete 8 weekly online modules in your own time and attend 8 weekly compulsory online webinars (6pm to 8pm - Melbourne time). The 8 weekly online webinars are programmed in the following way:
  - i. 1<sup>st</sup> year = Wednesday evening
  - ii. 2<sup>nd</sup> year = Thursday evening
  - iii. 3<sup>rd</sup> year = Tuesday evening
- c) For specialised units (e.g., a counselling placement) blended learning can incorporate a variety of teaching strategies so that self-paced learning is often the norm.

*N.B. – The Counselling Program Director also maintains a weekly online consultation time for all students during each term (i.e., Wednesdays 12:30pm to 1:30pm - Melbourne time). This is an excellent opportunity for you to drop in, ask all sorts of questions, meet with other students, and discuss various counselling issues/topics. This opportunity is an important "value-add" to your learning.*

### *Advice*

No matter when in a calendar year a 1<sup>st</sup> year student begins their degree they should consider commencing with 1<sup>st</sup> year units. All 1<sup>st</sup> year units provide foundational academic/professional/personal skills and have no pre-requisites. Students who are re-enrolling into the BCouns for another year should be mindful of the pre-requisite units required for 2<sup>nd</sup> and 3<sup>rd</sup> year study. All units and their pre-requisites can be found in the [UMS](#). Check this database before choosing the units you wish to study. Furthermore, in 2<sup>nd</sup> and 3<sup>rd</sup> year there are a limited number of electives to choose from. In each semester choose only 1 elective. Finally, units must have a minimum enrolment to go ahead. This is especially so for units which have intensives. ALC therefore reserves the right to amend the teaching format, or even cancel a unit, so as to maintain educational quality. In the unlikely event that this was to happen you will be contacted and other arrangements will be discussed.

**Bachelor of Counselling degree structure**

Year of study in the BCouns	Semester 1				Semester 2				Summer teaching period
	Term 1		Term 2		Term 3		Term 4		
	<i>Informal weekly drop-in time with the Counselling Programs Director. (Wednesdays 12:30pm Melb. Time)</i>		<i>Informal weekly drop-in time with the Counselling Programs Director. (Wednesdays 12:30pm Melb. Time)</i>		<i>Informal weekly drop-in time with the Counselling Programs Director. (Wednesdays 12:30pm Melb. Time)</i>		<i>Informal weekly drop-in time with the Counselling Programs Director. (Wednesdays 12:30pm Melb. Time)</i>		
<b>1<sup>st</sup> year</b>	CO1001Z - Expressing Integrity Through Excellence In Academic And Professional Communication	CO1002Z - Self, Profession, And Society	CO1003Z - Critical Thinking, Problem Solving, And Decision-Making	CO1004Z - The Human Condition	CO1005Z - Introduction To Counselling	CO1006Z - Engaging Diversity	CO1007Z - Introduction To Psychology	CO1008Z - Data Literacy For Clinicians	
<b>2<sup>nd</sup> year</b>	CO2001Z - Human Development, Personality, And Identity	CO2002Z - Working With Children, Adolescents, And Older Adults	CO2003Z - Trauma-Informed Counselling In The Context Of Loss and Grief	CO2005Z - Working With Couples And Families (Elective)  <i>N.B. – Students may take another suitable elective from those offered by ALC. Following discussion with the Academic Dean students may be permitted to take an elective offered by another college of the UD, or from another institution.</i>	CO2006Z - What Is Abnormal?: The Individual, Diagnostics, And Society	CO2007Z - Counselling Ethics, The Law, And Best-Practice	CO2008Z - Self-Care And The Workplace  <i>N.B. – In preparation for placement inform ALC staff who will be able to assist you in sourcing an appropriate organization to work with.</i>	CO2010Z - Counselling Survivors And Perpetrators Of Domestic Violence (Elective)  <i>N.B. – Students may take another suitable elective from those offered by ALC. Following discussion with the Academic Dean students may be permitted to take an elective offered by another college of the UD, or from another institution.</i>	
<b>3<sup>rd</sup> year</b>	CO3011Z - Professional Placement: Counselling  <i>N.B. – Unit commences in Term 1. Duration of unit is Semester 1 and Semester 2. N.B. – For students who commence placement mid-year, or who may wish to continue placement over the summer, then CO3001Z and CO3006Z remain scheduled as shorter placement units. The workload for these units equals the workload for CO3011Z.</i>								
	CO3008Z - Capstone Project  <i>N.B. – Unit commences in Term 1. Duration is Term 1 and Term 2. N.B. – This unit remains an 18 point unit with respect to workload.</i>				CO3008Z - Capstone Project  <i>N.B. – Unit commences in Term 3. Duration is Term 3 and Term 4. N.B. – This unit remains an 18 point unit with respect to workload.</i>				
		CO3002Z - Complex Clients: Neurodiversity, Addictions, And Personality Disorders	CO3003Z - Virtues-Based Counselling: Working With Hope, Courage, And Compassion	CO3004Z - Intimacy, Sex(ualities), And Gender (Elective)  OR  CO3005Z - Working With Groups, Teams, And Leaders (Elective)  <i>N.B. – It is ALC's intention to run these two electives in alternate years. If the elective you are interested in is not running in the year you are scheduled to complete your studies then speak to the Academic Dean about auditing your preferred unit for free next year.</i>		CO3007Z - Emerging Technologies, AI, And The Business Of Counselling		CO3009Z - The Role Of Faith, Religion, And Spirituality In Wellbeing (Elective)  OR  CO3010Z - The Well Community (Elective)  <i>N.B. – It is ALC's intention to run these two electives in alternate years. If the elective you are interested in is not running in the year you are scheduled to complete your studies then speak to the Academic Dean about auditing your preferred unit for free next year.</i>	