



## **Study requirements for the Matrix BSC (Hons) Integrative Counselling**

### **Context**

On a full-time Higher Education course 1 HE credit = 10 hrs of learning/study

In general, each module is 40 credits. At Matrix each year is 120 credits (the module credits differ slightly in Year 3 but add up to 120).

Every term this equates to 400 hours of study/learning per module.

### **Teaching hours**

In Year 1 each student will have 21 teaching hours per month.

In Years 2 and 3 each student will have 24 teaching hours per month.

In addition in Years 2 and 3, a student is expected to also do a minimum of 3 hours per week in placement and 2 hours supervision per month. This equates to a minimum of 14 hours of placement practice and clinical supervision.

### **Self-directed learning**

Self-directed study incorporates all time including:

- peer study groups
- course related reading
- journal and essay writing
- presentation and self-assessment preparation
- personal counselling
- reflection and contemplation time

The expected amount of additional non-teaching led, self-directed study, in Year 1 is 330 personal learning hours each module. Over the 10 month academic year this equates to 24 hours per week of self-directed study/learning to support the structured teaching programme.

The expected amount of additional non-teaching led, self-directed study, in Years 2 and 3 is 286 personal learning hours each module. Over the 10-month academic year this equates to 21 hours per week of self-directed study/learning to support the structured teaching programme.

Students in most situations are able to continue working full time during year 1 of the course and then need to consider their individual situations in year 2 and 3 as they make allowances for the time needed for their placement and supervision hours.