



2022

Undergraduate Programmes

**S R NATHAN SCHOOL OF
HUMAN DEVELOPMENT**

**BACHELOR OF
COUNSELLING**

(PART-TIME PROGRAMME)



Programme Overview

With increasing complexity in our social environments and escalating stress levels in the workplace, schools and community in general, the demand for professional counsellors has been rising.

The various courses in our Counselling programme are designed to equip graduates with a strong foundation in the theories and techniques of professional counselling and to function proficiently as professional counsellors. The electives allow for specialisation in desired settings and clientele groups.

Our Programme

The Bachelor of Counselling (BCOU) programme emanates from the key foundational components of counselling theories and practice. The focus is on the mastery and integration of an eclectic knowledge base and a broad spectrum of skills. A wide range of theoretical knowledge and practice skills underlying counselling practice will be covered.

Graduates will be equipped with a variety of counselling skills including assessment, ethics, group facilitation, crisis intervention, family, addiction and career counselling. This programme will also prepare graduates to practise in a variety of settings, across the life span and with diverse populations.

Our Edge

As the only counselling degree offered by a local university, contemporary in-depth counselling issues are taught, and training is conducted by experienced practitioners to prepare graduates to function in our local environment, dealing with pervading social, ethical and cultural issues.

To ensure that graduates are well-trained to work with clients upon graduation, field experience is highly emphasised in this programme. Students have to undergo a 35-hour laboratory-based counselling skills course and one supervised practicum with 50 client contact hours to ensure adequate real-life experience.

As the counselling practicum is a core feature in professional counselling training, students are required to commit their time to it.

All courses are taught by established academicians and experienced professionals in the field, ensuring that issues discussed are contemporary and relevant for practical application.

The inclusion of personal development in counsellor education has been adopted by quality education programmes internationally. Our school's counselling centre, C-Three (Connect · Counsel · Choices), provides personal development sessions for trainee counsellors to enhance self-care, promote personal growth, strengthen therapeutic skills, and these sessions can be counted as a partial fulfillment towards the Counselling programme requirements.

This programme prepares graduates to function as professional counsellors. Graduates may choose to continue with the Master of Counselling at the Singapore University of Social Sciences (SUSS), and the degree is recognised by the Singapore Association for Counselling (SAC). Completion of 600 hours of face-to-face counselling within 3 years of their master's degree graduation would meet the standards and requirements stipulated by the SAC for SAC membership as registered counsellors.

The SUSS Counselling programme is eligible for VCF funding. Please visit www.ncss.org.sg for more details.

Why is Singapore University of Social Sciences Unique?

Studying in SUSS means that working adults are able to enrich themselves academically without compromising their careers, families and social lives. All our classes are conducted in the evenings and during weekends. To supplement the classes, study guides are provided so that self-study is possible to complement classroom learning.

Application of gained knowledge and skills is immediate as the curriculum is designed to be practical for working adults, resulting in greater knowledge retention and assimilation.

Whom is this for?

This programme is suitable for those who are seeking a career in the direction of professional counselling work as well as professionals who are keen in learning and applying knowledge and practice of professional counselling skills in the midst of providing supportive care.

Career Prospects

Career opportunities are found in various industries, businesses and consultancy work such as people management and assistance-type services within the educational, legal, financial, welfare, social, health and other service sectors.

Programme Structure

This programme is built around strong counselling competencies, and adopts an academic-practitioner approach to the counsellor education. Electives included in the programme are identified to allow for specialisation in desired settings and clientele groups.

Students are required to complete a total of 130 credit units (cu) of courses to graduate with a basic degree, inclusive of 10 cu of SUSS Core courses. All courses are 5 cu unless stated otherwise.

Year 1

Compulsory Courses (Total 30 cu)

Level 1

- Human Growth and Life-Span Development (Birth to Adolescence)
- Human Growth and Life-Span Development (Adulthood to Old Age)
- Introduction to Counselling
- Counselling Processes and Practice
- Social Emotional Learning

Level 2

- Ethics in Counselling

Elective Courses¹

Level 1

- Psychology of Personality Development
- Mental Health and Wellness

Level 2

- Biological Influences on Human Behaviour

Year 2

Compulsory Courses (Total 35 cu)

Level 1

- Group Theory and Group Dynamics

Level 2

- Group Facilitation and Group Counselling
- Theories and Techniques of Counselling 1
- Theories and Techniques of Counselling 2
- Laboratory on Basic Skills in Counselling (10 cu)

Level 3

- Multicultural Counselling

Elective Courses¹

Level 1

- Counselling Children
- Counselling Adolescents
- School-based Counselling

Level 2

- Counselling Older Persons
- Counselling on Ageing Family Issues

Explanatory Note:

¹ Students are required to complete a total of 25 cu of elective courses.

Year 3

Compulsory Courses (Total 30 cu)

Level 2

- Assessment Methods in Counselling
- Research Methods in Counselling

Level 3

- Family Counselling
- Practicum 2: General Counselling Skills (10 cu)
- Understanding Psychological Disorders

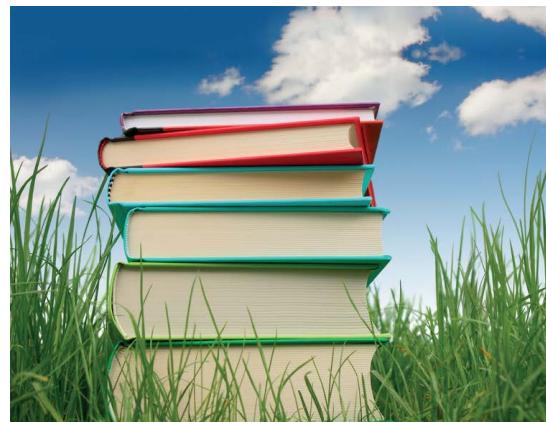
Elective Courses¹

Level 2

- Counselling for Addictions
- Career Guidance and Counselling

Level 3

- Crisis Counselling
- Counselling for Anxiety and Depression
- Practicum 3: Advanced Counselling Skills (10 cu)
- Couple Counselling
- Divorce Counselling



ADMINISTRATIVE DETAILS

Admission Criteria

Applicants must be a Singapore citizen, a permanent resident or a resident in Singapore, and need to meet the following minimum requirements:

- GCE 'A' Level with two passes (prior to 2006) or two H2 passes (from 2006); or local Polytechnic Diploma; or International Baccalaureate (IB) Diploma; or NUS High School Diploma. Applicants with a Diploma from ITE, or other Diploma qualifications plus an acceptable SAT or ACT (with Writing) score may be considered for admission on a case-by-case basis;
- Two years of full-time work experience, or currently employed on a full-time basis; and
- At least 21 years old.

Shortlisted applicants will be required to undergo one or more interview(s) and/or take written admission or other evaluation tests as may be prescribed by SUSS from time to time.

All applications are considered individually on merit, and the offer of admission is dependent on the number of places available in individual programmes. Admission is solely at the discretion of SUSS and the decision is final and binding. SUSS reserves the right to refuse admission and is not obliged to offer an explanation for the non-admission of unsuccessful candidates.

How to Apply

Applications are to be made online via suss.edu.sg. You must submit all the required documents together with your admission application. Incomplete applications will not be considered.

Tuition Fees and Government Subsidy

The amount of course fees you pay in each semester depends on the number of courses you take in that semester. The course fees cover all study materials, classes, tutor supervision, assignments and examinations. They do not include fees for textbooks and other additional items specified by SUSS from time to time.

The Tuition Fee Subsidy (TFS) from the Singapore Government comes in the form of a tuition grant administered by the Ministry of Education (MOE) and is offered to all eligible admitted students studying for part-time undergraduate programmes at SUSS. Singapore Citizens aged 40 and above who are pursuing MOE-subsidised undergraduate programmes with SUSS and who are eligible for the SkillsFuture Mid-Career Enhanced Subsidy will enjoy a higher subsidy.

All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for a wide range of approved skills-related courses. Visit the SkillsFuture Credit website (www.skillsfuture.sg/credit) to choose from the courses available on the SkillsFuture Credit course directory.

Please visit suss.edu.sg for current tuition fees and eligibility criteria for the government subsidy and SkillsFuture Mid-Career Enhanced Subsidy.

Internet Access

All SUSS students must have access to a computer/ laptop and the Internet in order to use the electronic and website facilities which allow access to course, academic and administrative information.

