



BSc (Hons) Psychology

UNDERGRADUATE

BLENDED

ONLINE





COURSE CONTENT OVERVIEW	4
COURSE DETAILS AND ENTRY REQUIREMENTS	5
ABOUT BLENDED LEARNING	6
ABOUT ONLINE LEARNING	7
COURSE MODULE DETAILS	8
MEET OUR HEAD OF SCHOOL	22
WHY STUDY WITH ARDEN UNIVERSITY?	23

Arden University has three decades of experience providing higher education, and we've helped more than 50,000 students globally gain the qualifications they need to succeed. We have a 95% student satisfaction rating, and 9 out of 10 Arden students believe studying with us has helped them transform their careers.*

*Arden University 2021 graduate survey



BSc (Hons) Psychology

UNDERGRADUATE**BLENDED****ONLINE**

The BSc (Hons) Psychology will introduce you to a wide range of contemporary research and support you in developing key knowledge, skills, and abilities that are essential in pursuing a career within psychology. Through the use of elective modules, it has been designed in a way that allows you to tailor it to your future career aspirations, giving you control, flexibility, and the chance for personal discovery.

This course is accredited by the BPS, meaning students obtaining at least a second-class honours degree (2:2) will be eligible for further training as a professional psychologist.



Course at a glance

- Broaden your knowledge of the major disciplines in the field of psychology, including contemporary perspectives
- Gain the qualitative and quantitative skills required to undertake an original piece of psychological research
- Develop transferable skills applicable to a range of exciting psychology roles
- Form a better idea of which aspects of psychology you enjoy and where your career path might lie

You can visit the Arden University website page for this course [here](#).

Key facts

Location: Blended, online

Start dates: Every three months

Full time: 3 years

Part time: 3 years+

Contact us

If you'd like to get in touch to find out more about studying this course, please use the following:

UK enquiries:

Call 0800 268 7737

Email study@arden.ac.uk

International online learning:

Call +44 20 300 56070

Email online@arden.ac.uk

Entry requirements

Three passes at GCSE grade C or above including mathematics, or equivalent qualifications. If you do not have a GCSE or equivalent in mathematics you are strongly encouraged to complete an assessment-free module before the start of your course to substitute this.

IELTS 6.0 (no less than 5.5 in any element); or TOEFL iBT 80; or equivalent.

Alternatively, evidence you have previously studied in English, such as a letter to show that the Medium of Instruction was in English can be accepted.

We also offer an internal English test for applicants who are unable to provide the above evidence of English proficiency. More information can be found [here](#).

Career Progression

- Psychotherapist
- Data Analyst
- Support Worker
- Mental Health Professional
- Counsellor
- Human Resource Manager

If you'd like to get your application started, please [click here](#).

Blended learning

Blended learning with Arden University brings you the best of both worlds: a flexible mix of face-to-face teaching at one of our study centres in the UK, combined with independent online learning that you can take part in whenever and wherever works best with your existing commitments.

When you study via blended learning, you'll study two modules at a time over a 10-week period, including one week for assessment. Each week of study will require a minimum of 33.5 hours of participation, which comprises:

- 8 hours of timetabled face-to-face teaching each week based in one of our study centres
- A minimum 25.5 hours of independent online learning

Your face-to-face classes will be scheduled on either two mornings (9.00am to 1.00pm), two afternoons (1.30pm to 5.30pm), or two evenings (two nights on campus 5:30-9:30pm) during teaching weeks. You'll be able to opt for your preferred time when you apply and, we'll do our best to accommodate your preferred schedule subject to student intake numbers for your course.

You can find out more about blended learning with Arden University [here](#).

Study centre locations

- Ealing, London, UK
- Holborn, London, UK
- Tower Hill, London, UK
- Birmingham, UK
- Manchester, UK
- Leeds, UK

Please note: course availability varies depending on study centre location.

Please visit our [course page](#) for the latest information on available locations.

Meet some of our blended learning students [here](#).

Online learning

Studying this course online gives you a lot of flexibility and convenience. You can enrol with us from anywhere in the world and study your degree from the comfort of home, without the requirement to attend classes in a physical location.

You'll study the course through ilearn, our university campus in the cloud. ilearn provides you with an integrated online learning experience, including your virtual classroom, lecture hall, and online library of more than half a million books and journals – yours for free while you study with us.

Studying online doesn't mean studying alone. As well as receiving regular feedback and guidance from your course tutor, you'll be studying with likeminded students and you'll have access to community message boards to discuss your course and the topics being raised within it.

We've even set up community boards embedded into each of the course modules so you can have discussions with your tutor and classmates on the topics you're currently learning.

You can find out more about online learning with Arden University [here](#).

Online learning key benefits

- Study anywhere worldwide
- Plan your own schedule
- Benefit from reduced costs
- Study around work and family life

Discover why so many students choose online learning with Arden [here](#).



Your modules have been designed to engage you with a variety of interesting topics within psychology, enabling you to develop sought after and career focused skills. Your studies will culminate with the choice of a psychological area on which to produce an original research project. This means that by the time you graduate, you'll have the confidence and ability to apply your knowledge of psychology to a range of exciting career paths and further learning opportunities.

Our academic team come from a range of professional and cultural backgrounds, meaning they'll help you learn through diverse real-world and applied settings. We also offer sessions with guest speakers from a wealth of areas, giving you the opportunity to start developing industry links and networks that will help you along on your future career path.

Please see the following pages for a detailed overview of each course module.

Level 4

Introduction to Studying Psychology (20 credits)

The aim of this module is to introduce you to the general area of psychology and the skills required for this level of study and beyond. You will become familiarised with the mainstream domains of the field, including cognitive, social, biological and developmental psychology, as well as individual differences. The module will provide you with a firm grounding in psychology, developing your skills in literature searching, critical thinking, and academic writing. At the end of the module you will be able to:

- **Demonstrate an understanding of scientific, historical, and contemporary approaches to studying psychology and be able to consider key ethical issues**
- **Demonstrate an understanding of the main perspectives in psychology, including the strengths and limitations of each**
- **Recognise and describe the different domains (biological, cognitive, developmental, individual differences, social, research methods) of psychology, and be familiar with an example of research from each domain**

Social Psychology (20 credits)

The social psychology module will introduce the concept of human behavior within a social context. The module provides a broad overview of dominant theories in social psychology, including self and identity, social influence, intergroup relations, group processes, attribution, and culture. You will be given the opportunity to explore the link between everyday social phenomena and their psychological underpinnings, applying theory to real-world issues and settings. The module will develop your ability to:

- **Demonstrate knowledge and critical thinking in social psychology**
- **Demonstrate an understanding of the scientific underpinnings of social psychology as a core domain within the discipline of Psychology, its historical and contemporary developments, and limitations, as well as socio-cultural differences**
- **Detect meaningful patterns in behaviour, recognise the subjective nature of individual experience, and critically evaluate their significance**

Introduction to Research Methods (20 credits)

In introduction to research methods, you will gain fundamental knowledge of research design and quantitative and qualitative data analysis techniques, as well as the basis of psychological research and its importance to the field. The module will give a clear outline of data collection and analysis methods alongside ethical considerations in conducting research.

Your takeaway from the module will include the ability to:

- **Demonstrate a systematic knowledge of different research paradigms, including both quantitative and qualitative data analysis**
- **Recognise ethical, theoretical, and methodological strengths and limitations in conducting psychological research**
- **Communicate psychological findings using numerical and textual data via an appropriately formatted research report**

Developmental Psychology (20 credits)

Developmental psychology covers the study of human development throughout the lifespan. This module will explore the basis of developmental theory and research, including its scientific underpinnings, historical and contemporary developments, limitations, ethical dilemmas, and socio-cultural differences. The module aims to provide you with scientific reasoning and critical thinking skills within this domain. At the close of the module you will be able to:

- **Demonstrate an understanding of the scientific underpinnings of developmental psychology as a discipline, its historical and contemporary developments, limitations, and socio-cultural differences**
- **Reason scientifically, consider multiple perspectives and ethical issues within developmental psychology, and make critical judgments about arguments in the field**
- **Demonstrate knowledge and critical thinking in developmental psychology**

Biological Psychology (20 credits)

Here you will be introduced to the core domain of biopsychology as outlined by the British Psychology Society. The module explores the main issues, terminology, methodology, and contemporary applications of the field, serving as a solid foundation for future courses. In parallel, you will become familiarised with biopsychology from a historical, conceptual, and ethical perspective. Key learning outcomes of the module include the ability to:

- **Demonstrate an understanding of historical and contemporary theories and research in biological psychology**
- **Apply multiple perspectives to biopsychological issues – recognising that biopsychology involves a range of research methods, theories and applications**
- **Integrate ideas and findings across the multiple perspectives in biopsychology and recognise distinctive biopsychological approaches to relevant issues**
- **Identify and evaluate patterns among behaviour, cognition, their neural correlates and experience**

Cognitive Psychology (20 credits)

This module aims to give a broad overview of the fundamentals of cognitive psychology and human cognition, such as sensation and perception processing, mental representations of knowledge, memory, attention, and language. You will be encouraged to apply this theoretical knowledge to your own experiences as well as to the contemporary world. At the end of the module you will be able to:

- **Explain what cognitive psychology is and discuss its purpose in both a historical and contemporary context**
- **Demonstrate knowledge and understanding of fundamental concepts in the field**
- **Explain different approaches within cognitive psychology**
- **Demonstrate knowledge of ethics within the domain of cognitive psychology**

Level 5 core modules

Qualitative Research Methods (20 credits)

The qualitative and subsequent quantitative research methods modules together form an integral part of undergraduate research training in psychology, culminating in an independent research project and dissertation. Learning material from this module will cover qualitative research approaches, practices, and designs, giving you the transferable skills you need to conduct your own original research. Your final learning outcomes from the module include the ability to:

- **Demonstrate a systematic knowledge of a range of research paradigms, data collection techniques and research methods in qualitative research, and awareness of their strengths & limitations**
- **Display a working understanding of key ethical issues in psychological research, and apply those principles in developing research designs**
- **Detect meaningful patterns in talk and behaviour, recognise the subjective nature of individual experience and critically evaluate and communicate their significance**

Quantitative Research Methods (20 credits)

An extension to the work done in introduction to research methods, this module delves further into research design and data analysis in both theory and practice. You will be taught one-way ANOVAS and their nonparametric alternatives, two-factor design and analysis, and simple and multiple linear regression. Throughout the module, you will be given guidance on SPSS data entry, analysis, and interpretation, and the writing up of results into well-formulated reports. By the end of the module you will be able to:

- **Design and conduct relatively complex studies suitable for multi-factorial designs and multiple-regression analysis**
- **Interpret and write up the results of relatively advanced statistical techniques**
- **Demonstrate understanding and evaluate research papers involving the designs covered in the module**
- **Evaluate the strengths, weaknesses and limitations of the design and analysis of research designs covered in the module**

Personality and Intelligence (20 credits)

In this module, you will gain a sound understanding of how psychologists define and measure personality, intelligence, and individual differences, including contemporary debates surrounding these aspects. The module will explore psychometrics, procedures for assessing the reliability and validity of psychometric tests, and factor analysis. Your target learning outcomes at the end of the module include the ability to:

- **Demonstrate an understanding and critical evaluation of theories of personality and the ways in which psychologists have attempted to measure personality**
- **Demonstrate an understanding and critical evaluation of theories of intelligence, their issues and debates, and how psychologists measure intelligence**
- **Demonstrate an understanding and evaluate the applications of the measurement of individual differences to professions in psychology such as occupational, clinical, health, educational, and forensic psychology**
- **Demonstrate a sound understanding of psychometrics and their importance**

Positive Psychology (20 credits)

The aim of this module is to provide conceptual insight into the field of positive psychology, including its development, contemporary approaches, and 'second wave.' It will focus on the use of established approaches and interventions to promoting well-being throughout the life course. You will be introduced to positive psychology concepts such as resilience, flourishing, positive relationships, and flow, and how these can be applied to research, real life contexts, and clinical care. Once you have completed the module you will be able to:

- **Demonstrate an understanding and evaluate positive psychology theories, concepts, and research**
- **Critically evaluate positive psychology interventions and research**
- **Reflect upon the use and implications of positive psychology across a range of real-life contexts**
- **Undertake critical analysis and reach reasoned and evidenced decisions, and contribute problem solving skills to find innovative solutions**

Level 5 elective modules*

Forensic Psychology (20 credits)

The core aim of this module is to introduce the topic of forensic psychology in research and practice. It will outline the developing influence and ethical contributions of psychology on the administration of law and the study of criminology. The module will also highlight future study and career paths for graduate psychologists. Your key learning outcomes at the end of the module include the ability to:

- **Display a systematic knowledge of the historical development of forensic psychology, its relationship to criminology and psychology, and its role as a specialism in research and practice**
- **Understand and evaluate theories of crime including biological, social, developmental and individual differences**
- **Communicate knowledge of offending behaviour patterns and their cognitive correlates, their victims and witnesses, disciplinary methods of inquiry, and practitioner roles in forensic psychology and the criminal justice system**

Sport and Exercise Psychology (20 credits)

This module aims to further your understanding of how humans respond to and engage with sports and exercise, as well as factors influencing adherence and motivation. It explores a range of topics relevant to the field, including confidence, personality, emotion, and peak performance. You will become acquainted with the applied nature of the discipline and put your theoretical foundation to practice, proposing methods by which performance, adherence, and well-being can be improved. On completion of the module you should be able to:

- **Demonstrate an understanding of the historical and contemporary roles of sport and exercise psychologists in society**
- **Evaluate how inner states influence behaviour in sports and exercise**
- **Discuss how theories and research can be applied to enhance performance, adherence and well-being, including specific interventions for peak performance**
- **Discuss and evaluate critical issues in sports and exercise psychology research**

Occupational Psychology (20 credits)

This module is designed to develop your appreciation of the historical roots of occupational psychology and its contemporary application to individuals, teams, and organisations. You will gain a practical and ethical understanding of psychological theory and research across the five areas of occupational psychology: psychological assessment at work, learning, training and development, leadership, engagement, and motivation, work and well-being, work design, and change and development. At the end of the module you are expected to be able to:

- **Demonstrate an understanding of the historical and contemporary roles of occupational psychologists in society**
- **Critically evaluate the effectiveness of interventions and apply methods to solve particular workplace issues**
- **Demonstrate a critical appraisal of research and methodology in occupational psychology**
- **Develop an understanding of real-life applications of psychological theory to experience and behaviour in the five areas of occupational psychology**

Clinical and Health Psychology (20 credits)

Bringing together two key areas, this module will develop your understanding of the historical and contemporary roles of clinical and health psychologists in society in terms of health and well-being. The module will examine the psychological factors that influence health disparities and promotion, as well as appraise theories and interventions for health behaviour changes. It will teach you to evaluate how psychological approaches can improve health and wellbeing, as well as prevent, treat, and deal with illness and disparity. The module will also help you to:

- **Show an understanding of both the historical and contemporary roles of clinical and health psychologists in society**
- **Define health inequalities and identify factors that contribute towards them, including issues in the clinical diagnosis of mental health issues**
- **Explain health promotion, health improvement, health education and health literacy**
- **Identify, analyse, and apply models and approaches to promoting and improving health from both a collective and individual perspective**

Child Development and Educational Psychology (20 credits)

This module will provide an in-depth understanding of child development and learning needs through childhood and adolescence. It will explore the development of cognition, language, perception, and social skills, as well as individual differences and developmental disorders. It will also examine the ways in which learning needs and preferences, such as differences in ability, cognitive style, motivation, and mental health impact learning. Your target at the end of the module includes the ability to:

- **Demonstrate a critical understanding of both the historical and contemporary roles of child and educational psychologists in society**
- **Demonstrate the scientific underpinnings of child developmental and educational psychology as related disciplines, their historical and contemporary developments and limitations, as well as socio-cultural differences**
- **Reason scientifically and consider multiple perspectives in child developmental and educational psychology, consider ethical issues, and make critical judgments about arguments in these fields**

Coaching Psychology (20 credits)

This module will develop your understanding of theory, research, and practice in the field of coaching psychology. You will gain applicable knowledge of different coaching models and approaches in diverse contexts, such as life, performance, career, business, and executive coaching. The importance of contracting and supervision will also be explored alongside ethics such as maintaining boundaries and operating within one's area of expertise. The module will prepare you to:

- **Critically evaluate the theoretical and practical bases of a variety of coaching models**
- **Demonstrate an understanding of the applications of coaching models and development of interventions in a variety of coaching contexts**
- **Demonstrate and understand the importance of contracting and the coaching alliance**
- **To articulate ethical practice and self-reflection in coaching**

Level 6 core modules

Professional Development (20 credits)

This module will present current recruitment and selection methods to prepare you for entering the career market with a psychology degree, including direct and indirect career paths. In terms of the former, further training to become a practicing psychologist will be outlined. The module will provide you with valuable opportunities to develop your CV and professional networks, as well as objectively evaluate the skills gained throughout your programme of study. The module will also help you to:

- **Demonstrate a reflective understanding of personal and professional skills developed through the course of study**
- **Demonstrate understanding of becoming a practitioner psychologist and alternative career paths on completion of a psychology degree**
- **Demonstrate knowledge and understanding of recruitment and selection processes for graduate employment**

Research Project (40 credits)

In the research project module, you will be given the opportunity to apply the psychological knowledge and practical training gained from your degree programme to a specific topic of original research. This will involve a proposal and ethics submission, qualitative or quantitative data collection, followed by data analysis and the writing up of a dissertation. The learning outcome of this module will include the ability to:

- **Design and conduct an extensive empirical piece of psychological research, analyse and interpret findings**
- **Demonstrate a clear understanding of the ethical considerations involved in empirical research design in psychology**
- **Acquire comprehensive knowledge and understanding within a psychological discipline; review and critically evaluate published research in the discipline area**
- **Present and evaluate research findings, including theoretical, methodological and ethical issues and critically discuss in relation to psychological theory and research conclusions and making recommendations**

Level 6 elective modules*

Counselling Psychology: Mental Health and Illness (20 credits)

The counselling psychology module is divided into two parts. The first examines the nature, causes, and treatment of mental health issues, including contributions of relative biological, psychological, interpersonal, and socio-cultural factors to mental health. In the second part, you will examine counseling psychology and its role in diagnosing and treating mental health issues. Your target learning outcome of the module includes the ability to:

- **Demonstrate a critical understanding of scientific and theoretical underpinnings of counselling psychology as a discipline, its historical and contemporary developments and limitations as well as socio-cultural differences**
- **Demonstrate knowledge of the historical underpinnings and contemporary developments of mental health and illness**
- **Have a critical understanding of the relative contributions of a variety of factors in the development of mental health issues, as well as evaluate different types of interventions and their efficacy**

Cognitive and Behavioural Neuroscience (20 credits)

This module will explore the biological and neuropsychological correlates of cognition and behaviour, including their theoretical basis and clinical application. You will also gain key insights into clinical neuropsychology and the pathology of common neuropsychological disorders. Through the module you will develop your ability to:

- **Critically evaluate the scientific underpinnings of behavioural neuroscience and neuropsychology as disciplines, their historical and contemporary developments and limitations as well as disciplinary differences**
- **Reason scientifically, consider multiple perspectives, consider ethical issues and make critical judgements about arguments in behavioural neuroscience and neuropsychology**
- **Demonstrate a critical understanding of functional neuroanatomy and the neural basis of behaviour and cognition**

Political Psychology (20 credits)

Drawing upon real-world examples, this module will develop your understanding of political psychological theories, evaluations, and applications. Viewing politics from a psychological perspective, it will critically examine the relationship between the two fields, and the ways in which psychological models and theories can be applied to real-world political contexts. The module will develop your ability to:

- **Critically evaluate theories and models and the implications of these from within the discipline of political psychology**
- **Outline and evaluate the multiple perspectives examining political attitudes and behaviours**
- **Apply understanding gained from within political psychology to “real-world” political events**
- **Conduct independent research on “real-world” political events to create a case study that applies theories outlined in the module to build an understanding of the chosen phenomenon**

Cyberpsychology (20 credits)

This module will develop your understanding of human interaction within technology mediated contexts, including the historical and cultural development of cyberpsychology, its contribution to understanding online behaviour, and ethical and cultural issues arising within the domain. It will critically examine the impact of technology on social change, interpersonal relations, and mental and physical well-being, as well as challenges and opportunities it poses in education, work and the public sector. Your learning outcome from this module includes the ability to:

- **Critically appraise both the historical and cultural development of cyberpsychology**
- **Illustrate a sound knowledge and critical awareness of the core concepts, theories, models within cyberpsychology**
- **Demonstrate the ability to construct fair, coherent, convincing, and sustained arguments, using a range of primary sources in cyberpsychology and show an experiential understanding of applied practice of psychology to online and digital technology contexts**

Advanced Research Methods (20 credits)

Building on previous material, the content of this module will cover advanced qualitative and quantitative research methods, with a focus on contemporary advances in data analysis for psychology research. It will equip you with skills in computing and reproducible data analysis, preparing you for your dissertation research project, as well as for alternative career paths involving statistics, computing, or postgraduate research. The module will also prepare you to:

- **Demonstrate a systematic knowledge of advanced quantitative and qualitative research methods and be aware of their strengths and limitations**
- **Demonstrate computer skills for reproducible data analysis**
- **Communicate psychological findings in written and visual form using numerical, textual, and other forms of data**

**Please note that our elective modules will run subject to sufficient demand and resources. That means if necessary, we may need to cap student numbers or change or discontinue modules to account for this.*

Gender and Sexuality (20 credits)

This module aims to broaden your understanding of psychological perspectives on gender and sexuality, including LGBTQ+ sexualities, heterosexuality, diversity in sexual practices, and the construction of gender and masculinity. The module will provide you with an overview of the key concepts and theories within the field, whilst examining their application within psychology and their contribution to understanding diversity within gender and sexuality expressions. Once you have completed the module you should be able to:

- **Understand the scientific underpinnings of psychology as a discipline in the context of psychological approaches to gender and sexuality. This includes the historical and contemporary developments of approaches to gender and sexuality and the significance of socio-cultural diversity in gender and sexuality**
- **Reason scientifically and critically, consider multiple perspectives, consider ethical issues, and make critical judgments about key debates and concepts within the psychology of gender and sexuality**
- **Communicate psychological findings and critical evaluation in written form using numerical and textual data**



Dr. Gail Steptoe-Warren

Head of School - Psychology

Dr. Gail Steptoe-Warren is the Head of School for Psychology and is a Chartered Member of the British Psychological Society, a Full Member of the Division of Occupational Psychology, and a registered occupational psychologist with the Health Care Professions Council.

Gail has worked within the HEI sector for over 16 years, having achieved Senior Fellow status of the HEA, as well as worked in a consultancy capacity within the public, private, voluntary, and charitable sectors.

Why study with Arden University?

At Arden University we believe everyone, everywhere has the right to gain the life and career benefits that higher education can bring. We are dedicated to making the university experience convenient and accessible to ambitious and motivated individuals worldwide.

Our mission is to connect adult learners like you with higher education study opportunities that give you the tools you need to fulfil your career and life goals. We challenge conventional perceptions of degree study by providing flexible, vocational courses with timetables and learning options that fit around your life commitments.

As an education provider that is not constrained by bricks and mortar or traditions, we are able to offer courses that are innovative, affordable, and which help students and employers reap the benefits of contemporary training and skills development.

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