



**St. Xavier's College (Autonomous), Mumbai**  
**M.A. Psychology: Lifespan Counselling**

**Admissions Notice for 2023-2025**

**Introduction**

In India, the ratio of mental health practitioners to citizens has always been poor, but it is in times of a crisis like the recent pandemic, that the importance of filling this gap comes into focus. To contribute to bridging this gap, the Department of Psychology, St. Xavier's College (Autonomous) started a new Master's degree course - M.A. Psychology: Lifespan Counselling in June 2019. This year, we are accepting applications for our fifth batch of students. Applications are invited for admission to the two year, full-time in-person course for the academic year 2023-2025.

**Course Objectives**

This course has been designed with the primary objective of creating mental health practitioners with

- effective **therapeutic skills** that are developed over three semesters of fieldwork
- a strong **theoretical foundation** from which to practice those therapeutic skills
- an understanding of important issues of concern in **all age groups** across the lifespan
- an exposure to **diverse populations** within every age group
- training in the use of **assessments** to improve therapeutic outcomes
- a **research orientation**, according to the scientist-practitioner model, allowing them to both keep up with and contribute to new insights in their field

**Highlights of the course**

- Each semester focuses on a different stage of the lifespan and diverse populations within that stage
- Supervised fieldwork is relevant to the lifespan stage being covered in the semester
- Mandatory group and individual therapy in Semester I focusing on the personal development of the student
- A syllabus that is weighted heavily on courses related to counseling and therapeutic skills. These courses are highly applied, being taught by practicing therapists who are experts in their field
- Guided exposure to the research process culminating in the submission of a dissertation at the end of the year

- As the college is affiliated to the University of Mumbai, the degree received at the end of the two years is recognized by the University of Mumbai
- As such, receiving a recognized M.A. Psychology degree allows any student to work in the field as well as study further, for example, to apply for an MPhil Clinical Psychology programme

### Course structure

- The M.A. Psychology: Lifespan Counselling programme is a full-time degree programme consisting of four semesters over two years.
- The course will teach the following papers across the four semesters.

<p><b>Semester I</b></p> <p>Behavioural Neuroscience            Cultural Context of Counselling            Counselling Process and Skills            Theoretical Approaches to Psychotherapy            Research Methodology and Statistics in Psychology            Practicum: Group Process and Individual Therapy</p>	<p><b>Semester II</b></p> <p>Normal and Abnormal Development in Childhood and Adolescence            Psychological Assessment in Childhood and Adolescence            Counselling Special Groups in Childhood and Adolescence            Psychotherapeutic Techniques I            Practicum: Fieldwork in Child/Adolescent Setting</p>
<p><b>Semester III</b></p> <p>Normal and Abnormal Development in Young and Middle Adulthood            Psychological Assessment in Young and Middle Adulthood            Counselling Special Groups in Young and Middle Adulthood            Psychotherapeutic Techniques II            Practicum: Fieldwork in Adult Setting</p>	<p><b>Semester IV</b></p> <p>Normal and Abnormal Development in Late Adulthood            Psychological Assessment in Late Adulthood            Counselling Special Groups in Late Adulthood            Psychotherapeutic Techniques III            Practicum: Fieldwork in Older Adult Setting</p>

- A guided dissertation is a requirement of all students. Students will work on this across all four semesters.
- The course consists of 96 credits. Each credit equals 15 hours. The credit distribution across the course is as follows:
  - Semester-wise:** 21 credits (Sem I) + 25 credits (Sem II) + 25 credits (Sem III) + 25 credits (Sem IV)
  - Theory to Fieldwork ratio:** 64 credits (Theory) + 28 credits (Fieldwork) + 4 credits (Research)

## **Fees**

For 2022-2023 \*

For MA Part 1 (Semesters I and II) - Rs. 105000/-

For MA Part 2 (Semesters III and IV) - Rs. 106250/-

\*Fees are subject to revision for 2023-24

## **Number of seats**

The intake is a maximum of 30 students per year.

## **Allocation of seats**

St. Xavier's College is a Catholic Minority College, administered under the Provisions of the Indian Constitution, to promote the welfare of the minority community and to extend its services to all other communities in India, so as to contribute to the harmony and integration of Indian society. 50% of seats are reserved for Catholic minority students.

As per the Judgement dated 12th October 2017 of the Honourable Bombay High Court vide Writ Petition No.1726 of 2001, Minority Colleges do not need to set aside seats for Backward Classes. This was reiterated by the University of Mumbai Circular (No.Aff. / Recog.I / Admission (2018-19) / 10 / of 2018) dated 30th May, 2018.

Accordingly, the allocation of seats is as follows:

<b>Category</b>	<b>Percentage of seats reserved</b>	<b>Number of seats out of 30</b>
Management Quota	15%	5
		<b>Number of seats out of 25</b>
Christian Minority	50%	12
General	42%	11
Persons with disability	5%	1
Special**	3%	1

\*\* The Special category is for the wards of transferred State / Central Government and Private Sector employees, Defence Personnel, Ex-Servicemen, Freedom Fighters; for students who have met

with an accident and also for award winners at the District / State / National Level in Sports or Cultural activities.

# Seats for international students are supernumerary. Applications for those seats must be done through the University of Mumbai website. **Please email us and inform us if you are applying in the international student category.**

Students that fall under this category include - Students who have done their high school education or have an undergraduate degrees from outside India, Foreign students (FR/FS), Persons of Indian origin (PIO), Overseas Citizens of India (OCI), SAARC students, Non-Resident Indians (NRI). The definitions of these categories are available on the Mumbai University website. If you are unsure about whether you qualify for an NRI category candidate or not, please contact us at [xav.mapsych@gmail.com](mailto:xav.mapsych@gmail.com).

### **Eligibility**

Students with a Bachelor's degree in any faculty or discipline having studied a minimum of **three papers in Psychology** at the undergraduate level (across first, second and third year) are eligible to fill out the application form and sit for the entrance examination.

Please note that:

- The eligibility criterion has been updated since 2022 intake. This is due to our experience over the last three years, which has shown us that familiarity with undergraduate Psychology is essential to cope with our challenging programme.
- Diplomas/certificate courses/online courses in Psychology do NOT fulfill the eligibility criterion.

### **Selection Process**

#### **Stage One: Online Registration**

The link for online applications opens on the official college website [www.xaviers.edu](http://www.xaviers.edu) in the last week of APRIL every year. Students must log on to the official registration portal when notified and fill out the online application form by following the instructions given in the form. The details you will be required to fill include:

- Demographic information
- Information about your Bachelor's degree (the year and university)
- The quota in which you are applying for a seat. In case of minority/special quota, you will need to upload a **clear and legible** scanned copy of your proof e.g. Baptism certificate for Christian minority or document for special category as required.

- Information about your Semester V **marks** (not grades. Please note you have to enter marks). You will need to upload a **clear and legible** scanned copy of your Semester V marksheet as proof.

**Please note that if selected, provisional admission will be given based on Sem V marks subject to the student passing Sem VI and handing in proof when released by the University.**

**Once you have completed the form and the payment (INR 3000/-), kindly take a print of the same as proof and you will be required to carry the print of the form on the day of the Entrance test. NO SEPARATE HALL TICKET WILL BE ISSUED.**

### **Stage Two: Entrance Examination**

An in person **entrance examination** for all the students who have applied (irrespective of category) will be held at **10.30am ON THE 3rd OF JUNE 2023**, on the campus of St. Xavier's College, Mumbai.

The language of examination will be English. The duration of the examination is two hours. The examination will include a multiple choice test (Section I) and an essay question (Section II). The multiple choice test is designed to elicit the student's knowledge of content in the field of psychology, and will include 100 questions from the following thematic areas - Introductory Psychology, Social Psychology, Developmental Psychology, Counselling Psychology, Abnormal Psychology, Industrial Organizational Psychology, Cognitive Psychology, Experimental Psychology and Psychological Testing and Statistics. There is no negative marking for the multiple choice section. The essay question is designed to elicit information about the student's thought process, their reasoning and analytical ability, and depth of comprehension regarding topics within and beyond the field of psychology.

Please note that:

- There is a passing grade for Section I (MCQs).
- Those candidates who score above the passing grade in Section I move to Section II where their essays are corrected. The essays of candidates who have not passed Section I will not be corrected.
- A merit score is then calculated as follows: Entrance test score (70% weightage) + Semester V marks (30% weightage). Merit scores are then ranked and used to create the merit list.
- Individual candidates' entrance exam scores are not released. Only the first and second merit lists are uploaded to the college website.

### **Stage Three: Payment of Course fees**

The First Merit Lists (Category-wise) will be released approximately ten days after the entrance examination (Kindly check the website for the same). Students who are offered admission in the First merit list are required to pay their fees by the time and date that will be mentioned on the merit list notice. On failing to do so, the offer lapses and students in the Second merit list will subsequently be offered admission.

### **Stage Four: Personal interview**

The 30 students accepted to the course as the new batch for the academic year 2023-2025 will each have a personal interview with the faculty of the course in the week after the First Merit list is released. This is not part of the screening process, rather its purpose is to serve as an orientation to the course, counselling the student about the nature of the course, its requirements, etc to help them make the decision of whether they wish to commit to the programme and pay the fees.

### **IMPORTANT DATES**

- Forms open: Wednesday, **May 3rd, 2023. Available on the college website.**
- Forms close: Wednesday, **May 31st 2023 at 12:00 noon**
- Entrance Exam: Saturday, **3rd June 2023**

For any queries or clarifications, please send an email to [xav.mapsych@gmail.com](mailto:xav.mapsych@gmail.com).