



ST. XAVIER'S COLLEGE, MUMBAI

(EMPOWERED AUTONOMOUS INSTITUTION)

M.A. PSYCHOLOGY: LIFESPAN COUNSELLING

EST. JUNE 2019

COURSE INFORMATION



Course Highlights

1 FOSTERS A STRONG THEORETICAL FOUNDATION AND AN UNDERSTANDING OF THE ISSUES AT DIFFERENT AGES ACROSS THE LIFESPAN

- **Lectures, practicum, fieldwork** in each semester caters to the **specific issues/concerns of a particular stage of life** (childhood and adolescence; young and middle adulthood; and late adulthood)



2 NURTURES BUDDING MENTAL HEALTH PRACTITIONERS BY HONING THERAPEUTIC SKILLS

- Visiting Faculty who are **practitioners enrich the learning experience** with their wealth of expertise and experience.
- **Hands on experience** with various therapeutic approaches during lectures via demonstrations, exercises and application-based assignments
- **Supervised field work** in diverse settings permits exposure to and opportunities to engage in therapeutic work with clients from diverse populations across the lifespan (across three semesters)
- **Practicum** on administration, scoring and interpretation of psychological assessments relevant to each stage of life



3 ADOPTS A SCIENTIST PRACTITIONER MODEL, AND INSTILLS A STRONG RESEARCH ORIENTATION

- **Training** in quantitative and qualitative **research methods and data analysis and interpretation**; along with **a guided dissertation** across two semesters



Course Highlights

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PROVIDES OPPORTUNITIES FOR LEARNING AND PROFESSIONAL DEVELOPMENT

- Opportunities to learn from and connect with professionals in the field via **guest lectures** and the **Annual Xavier's Psychology Symposium**.
- In the past , students have participated in **research collaborations** with the Rochester Institute of Technology and presented their research papers conferences .



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ANNUAL PLACEMENT INITIATIVES

- **Placement drives** are organized towards the end of Semester 4
- In the past, organizations like Fettle, Caregiver Saathi, Illumine, Unalome, Akanksha, Urja Trust, Drishti to name a few have been a part of the placement drive,



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MANDATORY GROUP AND INDIVIDUAL COUNSELLING

- Students partake in **mandatory group and individual counselling** during the First Semester with an aim to promote their own mental health and well-being





Course Structure

AS PER NEP 2020

The M.A. Psychology: Lifespan Counselling programme is a **full-time degree programme** consisting of **four semesters** over **two years**.

The course consists of **88 credits**. Each theory credit equals 15 hours. Each practicum credit equals 30 hours. The credit distribution across the course is as follows:

- **Semester-wise:** 22 credits (Sem I) + 22 credits (Sem II) + 22 credits (Sem III) + 22 credits (Sem IV)
- **Theory, Practicum and Fieldwork:** 59 credits (Theory) + 12 credits (Fieldwork) + 10 credits (Research) + 7 credits (Practicum)

SEMESTER I

COUNSELLING PROCESS AND SKILLS*
 THEORETICAL APPROACHES TO PSYCHOTHERAPY
 ADVANCED PSYCHOMETRICS AND TEST CONSTRUCTION
 CULTURAL CONTEXT OF COUNSELLING
 UNDERSTANDING THE NEUROSCIENCE OF HUMAN BEHAVIOUR
 RESEARCH METHODOLOGY AND STATISTICS IN PSYCHOLOGY*

SEMESTER II

NORMAL AND ABNORMAL DEVELOPMENT IN CHILDHOOD AND ADOLESCENCE
 PSYCHOLOGICAL ASSESSMENT IN CHILDHOOD AND ADOLESCENCE *
 PSYCHOTHERAPEUTIC TECHNIQUES I
 COUNSELLING SPECIAL GROUPS IN CHILDHOOD AND ADOLESCENCE
 PRACTICUM: FIELDWORK IN CHILD/ADOLESCENT SETTING **

SEMESTER III

NORMAL AND ABNORMAL DEVELOPMENT IN YOUNG AND MIDDLE ADULthood
 PRACTICAL IN PSYCHOLOGICAL ASSESSMENT IN YOUNG AND MIDDLE ADULthood**
 PSYCHOTHERAPEUTIC TECHNIQUES II
 COUNSELLING SPECIAL GROUPS IN YOUNG AND MIDDLE ADULthood
 PRACTICUM: FIELDWORK IN ADULT SETTING **
 RESEARCH PROJECT - PART I

SEMESTER IV

NORMAL AND ABNORMAL DEVELOPMENT IN LATE ADULthood
 PRACTICAL IN PSYCHOLOGICAL ASSESSMENT IN LATE ADULthood **
 PSYCHOTHERAPEUTIC TECHNIQUES III
 COUNSELLING SPECIAL GROUPS IN LATE ADULthood
 PRACTICUM: FIELDWORK IN OLDER ADULT SETTING **
 RESEARCH PROJECT - PART II

Note:

* Papers that have both a theory and practicum component

** Practical Papers



Frequently Asked Questions

WHO IS ELIGIBLE TO APPLY FOR THE COURSE ?

Candidates must have a Bachelor's degree in any faculty or discipline having studied a **minimum of three papers in Psychology** at the undergraduate level (across three years). **Diplomas/certificate/online courses** in Psychology **DO NOT** fulfill the eligibility criterion.

WHEN DOES THE ADMISSION PROCESS BEGIN ?

The admissions notice and relevant forms will appear on the college website in the month of April/May. An **entrance examination** will be conducted in the month of June.

Please note: If you are an **NRI candidate**, there will be a variation in the admission procedure. Please contact the University of Mumbai, as well as xav.mapsych@gmail.com to obtain further information regarding the same.

WHAT DOES THE ADMISSION PROCESS INVOLVE ?

An **entrance examination** will be conducted in the month of June.

- Section I is a **multiple choice test** (100 questions), based on the University of Mumbai Undergraduate Psychology syllabus.
- Section II is an **essay question** which will only be assessed on obtaining a passing grade in Section I.
- The merit list will be based on the entrance test score (70% weightage) and the Undergraduate Semester V marks (30% weightage).

Please note: The Entrance Examination is conducted **OFFLINE** at the **St. Xavier's College, Fort, Mumbai campus** only **ONCE A YEAR in JUNE**. Multiple examinations or Online entrance examinations will not be conducted.

IS AN INTERVIEW A PART OF THE ADMISSIONS PROCESS?

A **pre-admission interview** is conducted with students whose names appear on the merit list. The purpose of the interview is **solely to orient the student to the course** and help students make a decision as to whether they wish to commit to the programme. This is **NOT a selection interview**.

WHAT IS THE INTAKE FOR THE COURSE ?

30 students are accepted to the course each academic year.

WHAT ARE THE COURSE FEES?

The fees for **MA I for 2024-25** would be **Rs. 1,50,000**. However, these fees are subject to revision. Please refer to the college website for further details.

For any further queries contact us at xav.mapsych@gmail.com.

Link to the Admissions Page:

[https://sxc.qualcampus.com/Online_Admission_Student_Enquiry?](https://sxc.qualcampus.com/Online_Admission_Student_Enquiry?Inst_ID=40183&Program_ID=23)

[Inst_ID=40183&Program_ID=23](https://sxc.qualcampus.com/Online_Admission_Student_Enquiry?Inst_ID=40183&Program_ID=23)