

Course Information Sheet

BSc (Hons)

Mental Health and Wellbeing with Foundation Year

Mode and course length - Full-time (4 years)

Location - UCLan London campus (East India Docklands)

Awarding Body - University of Lancashire. As a registered Higher Education provider University of Lancashire is regulated by the Office for Students.

Overview

Our Mental Health and Wellbeing degree is outlined to give you the knowledge and skills to identify, understand and respond creatively to the various factors that influence mental health and wellbeing.

This will enable students to pursue careers supporting individuals, their communities, organisations, and society to maintain and promote mental health and wellbeing.

Throughout the programme, students will develop a solid foundation of skills that are essential to effective mental health and wellbeing practice for successful graduate career. With ethical practice at its core, this degree is structured to provide students with the knowledge and skills essential for working in diverse range of mental health and wellbeing services and making positive differences to the lives of individuals and their communities.

Students will examine biological, psychological, social, cultural and environmental factors that influence mental health and wellbeing throughout individual lives. Similarly, students will develop an understanding between clinical, non-clinical and individuals' perspectives. Students will also explore the services across public, private and third sectors working to improve, maintain and promote mental health and wellbeing.

Course Delivery

Our courses are delivered through a variety of teaching and learning methods that provide students with a modern and engaging higher education experience. These include lectures, seminars, workshops, practical sessions, group projects, reflective practice, case studies, and work-related learning. You will also use our Virtual Learning Environment (VLE) to access learning resources, submit assignments, and engage in online discussions.

Each course is structured into 'modules', each focusing on specific subject areas. Module information, including learning outcomes and assessment requirements, will be provided through Module Handbooks and the VLE.

Assessment

Assessment methods are varied and may include written assignments, essays, case study analyses, presentations, reports, health promotion campaigns, reflective logs, and research projects. These approaches allow you to demonstrate both your academic knowledge and your practical skills.

Most modules include more than one assessment, giving you the opportunity to develop a range of competencies. Formative feedback will be provided throughout your studies to help you progress and strengthen your performance.

Fees

Information about your course fee, including any annual fee increases or deposits (if required), can be found in your offer letter.

Additional Costs

During your course, you may be required to take extra or repeated modules to recover any modules you have failed. You will be charged an additional tuition fee to cover the costs of the extra or repeat modules. This additional fee will be based on the credits for the module(s) you repeat or take.

Modules

Foundation Modules

Foundation Year: COC009 Data Skills

This module builds the numerical and analytical skills needed for academic study and professional work. Students will apply core mathematical techniques such as percentages, ratios, and averages, while also learning to interpret and present data using Microsoft Excel. The focus is on developing confidence in problem solving, decision making, and understanding how data is used in academic and workplace settings.

Foundation Year: HIC004 Research Skills

This module builds students' ability to find, evaluate, and integrate academic research into their work. It includes training on navigating online libraries, assessing source reliability, and structuring written arguments. Students develop strategies for reading critically, writing effectively, and supporting ideas with credible evidence. These skills underpin academic success at degree level.

Foundation Year: BMC011 Communication Skills

This module focuses on developing professional communication skills essential for both academic success and workplace effectiveness. Students practise written and spoken communication in business contexts, including managing conflict, structuring arguments, and using appropriate registers. Group work, presentations, and public speaking are central to building confidence. By the end, students will be able to communicate ideas clearly and professionally in a variety of settings.

Foundation Year: HIC006 Professional Development for Practitioners

This module equips students with professional skills for practice in health, social care and psychology career pathways. Topics include person-centred practice, safeguarding, confidentiality, reflective practice, motivational interviewing, and mental health awareness. Students also strengthen transferable skills such as organisation, teamwork, and communication, supporting their progression into degree-level study and professional contexts.

Core Modules

Year 1: HI1014 Academic and Professional Skills

The module develops a range of academic skills, providing a basis for success and progression at university and beyond. The aim is to teach these skills explicitly at the first stage of the undergraduate journey, working to improve not only academic competence, but to develop the confidence, resilience and critical abilities of students. The module covers practical written skills including planning of written work and use of academic register. Other elements include the use and process of research, helping students to find appropriate sources, assess their reliability and then integrate these into their own work using academic referencing. The module also teaches techniques for delivering effective presentations as well as transferrable skills such as teamwork and time-management.

Year 1: HI1015 Mental Health and Wellbeing in Context

The purpose of this module is to introduce students to key themes and concepts in the ethical practice of mental health and wellbeing. Students gain an understanding of careers available working in the sector, and the key organisations, services and legislation involved in supporting mental health wellbeing within the UK.

Year 1: HI1016 Positive Psychology and Resilience

The purpose of this module is to explore factors that enable individuals and communities to thrive and live happy, healthy, meaningful lives through the theory and application of positive psychology. Students will apply concepts in relation to their own life experiences to exercise intrapersonal and interpersonal skills and enhance self-awareness.

Year 1: HI1017 Mental Health, Wellbeing and the Individual

The purpose of this module is to introduce students to conditions and factors affecting individuals' mental health and wellbeing, from a range of theoretical perspectives. Students also develop understanding of symptoms and classification of mental illness, along with treatment or intervention approaches for recovery and maintenance of health and wellbeing.

Year 2: HI2012 Children and Young People's Mental Health

The purpose of the module is to examine theoretical perspectives of social and cognitive development in children and the impact of deprivation/attachment issues during early development stages. Students will learn about how mental health issues in children and young people and the early risk and protective factors for mental illness and well-being can be supported through their social support network (i.e., school, family and peers). Consideration will be given to critically examining relationships between academics, research, policy and practice in a range of contexts (i.e., school, home and the playground).

Year 2: HI2013 Adult Mental Health

The purpose of this module is to explore the life course in relation to adulthood and older adulthood, examining the impact and influence of biological, socio-cultural, economic, environmental and other factors on the mental health and wellbeing of adult populations, along with the strategies aimed to maintain and promote good health.

Year 2: HI2014 Mental Health in the Workplace

The purpose of this module is to understand the contributing factors to, and significance of mental health and wellbeing within the workplace for employees, employers and organisations, from individual and societal levels. Students will examine the roles involved and interventions delivered that aim to safeguard and promote wellbeing at work.

Year 2: HI2015 Skills and Interventions of the Mental Health Practitioner

The purpose of this module is for students to explore the use of, and gain experience in a variety of approaches, skills and interventions used by mental health practitioners. Students will engage in self-reflection in order to identify and explore professional development opportunities.

Year 3: HI3020 Global Perspectives and Cultural Comparisons

The purpose of this module is to explore international approaches to mental health and wellbeing, examining the role of organisations such as the World Health Organisation alongside localised policies and programmes. Students will also investigate the role of spirituality and the effects of sociocultural constructions of mental health and wellbeing globally.

Year 3: HI3021 Community Health and Wellbeing in Practice

The purpose of this module is to examine the community's role in protecting and promoting the mental health and wellbeing of its citizens, particularly during periods of adversity and for people facing hardship, and to support students to appraise the suitability of skills and approaches relevant when working with community groups.

Year 3: HI3022 Mental Health and The Media

The purpose of this module is to examine the influence of the media on individual and societal mental health and wellbeing. Students explore the contradictions in how mental health is portrayed across various media outlets, the impacts upon public perception and evaluate the effectiveness of current promotional strategies and campaigns.

Year 3: HI3023 Undergraduate Project (Health and Social Contexts)

There is an expectation that professionals within the field of Health and Social care make judicious use of current evidence, to shape, advance and inform their scope of practice. The Undergraduate Project (Health and Social Contexts) module enables students to integrate and apply relevant skills and knowledge in an individual research project in order to develop their ability to undertake research and complete an extended written project.

The module is designed to enable students to consolidate their prior learning through conducting secondary research. The student will have the opportunity to further develop and systematically investigate a project topic. The module aims to enhance the student's understanding of research approaches and promotes active engagement with research methods relevant to their project topic. The student will also consider the ethical implications of research and practice within the health and social care context.

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