



# ST. XAVIER'S COLLEGE, MUMBAI

(EMPOWERED AUTONOMOUS INSTITUTION)

## M.A. PSYCHOLOGY: LIFESPAN COUNSELLING

EST. JUNE 2019

### COURSE INFORMATION

Updated Feb 2025



## 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

# 4

### 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 .



# 5

### 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,



# 6

### 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 February 2025. An **entrance examination** will be conducted on 4th May, 2025. Refer to the admissions notice on the college website for details.

**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 [ma.psychology@xaviers.edu](mailto:ma.psychology@xaviers.edu) to obtain further information regarding the same.

### WHAT DOES THE ADMISSION PROCESS INVOLVE ?

An **entrance examination** will be conducted on **Sunday, May 4th 2025**.

- 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. For 2025 admission, this will be conducted on 4th May 2025 ONLY.** 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 2025-26** would be **Rs. 1,50,000**. However, these fees are subject to revision. Please refer to the college website for further details.