Outcome-Based Education (OBE) Curriculum

Master of Science (MS) in Counselling Psychology

One-and-a-Half-Year (Thesis)

Department of Educational and Counselling Psychology

Faculty of Biological Sciences

University of Dhaka

Effective from the academic session 2023-2024 and onwards

Approval date: 27 October 2024

Section 1: MS Counselling Psychology OBE Curriculum

Part A: General Information

1. **Title of the Academic Programme:** Master of Science in Counselling Psychology

Programme Overview	
Degree	Master of Science in Counselling Psychology
Abbreviated form of the Degree	M.S. in CPsy
Programme Offering Entity (POE)	Department of Educational and Counselling Psychology
Acronym of the POE	DECP
Faculty	Faculty of Biological Sciences
Awarding Institution	University of Dhaka
Location	Dhaka, Bangladesh
Bangladesh National Qualifications Framework (BNQF) Level	9
Mode of Study	Full time
Language of Study	English
Applicable Session	2023-2024 and onwards

2. **Name of the University:** The University of Dhaka

3. **Vision of the University:** Create a world-class educational ecosystem that enables individuals to act as dynamic human capital and ethical leaders for a sustainable future.

4. **Mission of the University (UM)**

Mission	Description
UM 1: Transformative Education	Provide transformative education by enabling students to embrace lifelong learning and fostering a sustainable knowledge-based society through the continuous pursuit of scholarship, humanistic values, and technological innovation.
UM 2: Collaborative Research and Innovation	Pursue collaborative research and innovation, leveraging partnerships to expand the boundaries of knowledge.
UM 3: Educational Ecology	Develop an educational ecosystem that fosters excellence, transparency, inclusivity, and accountability.
UM 4: Community Engagement	Engage with stakeholders and communities to build a just, fair, diverse, and sustainable world.
UM 5: Ethical Responsibility	Encourage students to become ethically responsible global citizens with a positive societal impact.
UM 6: National Heritage	Instil a deep sense of national heritage and pride in students, upholding historical roots and global connectivity.

5. **Name of the Programme Offering Entity:** Department of Educational and Counselling Psychology (DECP)
6. **Vision of the Programme Offering Entity:** The vision of DECP is to foster a community of highly proficient professionals in educational and counselling psychology, equipped to adeptly respond to the varied requirements of individuals, groups, and communities. This will be achieved through pioneering research, the application of evidence-based practices, and the embodiment of ethical leadership.
7. **Mission of the Programme Offering Entity:**

Mission	Description
Mission 1	Advance the practical application of psychological theories and principles in psychological assessment and intervention.
Mission 2	Nurture a professional ethos that places the utmost importance on safeguarding the rights and well-being of clients.
Mission 3	Foster cultural awareness and a profound understanding of the evolving social, economic, and political landscape.
Mission 4	Enhance educational pathways that empower learners to realise their maximum potential.
Mission 5	Promote inclusivity and celebrate diversity, encouraging self-help and personal accountability.
Mission 6	Dedicate ourselves to the service of humanity by aiding individuals in leading fulfilling and purposeful lives.

8. **Objectives of the Programme Offering Entity:** To train culturally aware and ethically grounded professionals equipped with practical skills in psychological assessment and intervention to meet the diverse needs of individuals, groups, and communities. Through evidence-based practices, the department aims to empower learners to reach their full potential, promote inclusivity and diversity, and contribute to the well-being and personal growth of society, ensuring client rights and dignity are upheld.
9. **Name of the Degree:** Master of Science in Counselling Psychology (Thesis)
10. **Description of the Programme:** The Master of Science (MS) in Counselling Psychology programme is a comprehensive 1.5-year programme designed to prepare students to become professional counselling psychologists in Bangladesh. The curriculum integrates theoretical knowledge, research, practical training, and supervised practice to develop counselling professionals capable of addressing mental health challenges in diverse settings. Through a combination of classroom-based learning, hands-on skill development, and internship placements, the programme equips students with the competencies needed to assess, understand, and intervene in the psychological well-being of individuals and communities. The programme also emphasises the cultural context and human rights considerations relevant to mental health in Bangladesh, preparing graduates to adapt international best practices to local contexts and to provide ethical, evidence-based, and culturally sensitive counselling services.

11. Graduate Attributes (GAs):

GAs	Statement
GA1. Strong Knowledge of Counselling Theories	Graduates will have a solid understanding of different counselling approaches and how to apply them to help people with mental health issues, particularly in the Bangladeshi context.
GA 2: Practical Counselling Skills	Graduates will be skilled in essential counselling techniques, such as active listening and empathy, and can use these skills effectively in real-life counselling sessions.
GA 3: Ethical Practice	Graduates will know how to handle ethical issues in counselling, ensuring they always act professionally and protect the well-being and rights of their clients.
GA 4: Cultural Sensitivity	Graduates will respect cultural differences and be able to adjust their counselling methods to fit the unique needs of various communities in Bangladesh.
GA 5: Critical Thinking and Problem-Solving	Graduates will be able to analyse complex mental health issues, think critically, and create effective strategies to address these challenges.
GA 6: Research Skills	Graduates will understand how to conduct research and use it to improve their counselling practice, contributing to developing knowledge in the field.
GA 7: Leadership and Decision-Making	Graduates will be capable of taking leadership roles, making sound decisions in their practice, and guiding others in counselling psychology.
GA 8: Self-Awareness and Personal Growth	Graduates will be aware of their own strengths and weaknesses and will continuously work on their personal development to become better counsellors.
GA 9: Teamwork and Communication	Graduates will have good communication skills and can work well with others in counselling settings and multidisciplinary teams.
GA 10: Advocacy for Human Rights	Graduates will promote mental health and well-being as human rights and advocate for equal access to mental health services for all individuals in society.

12. Programme Educational Objectives (PEOs):

PEOs	Description
PEO 1	To equip graduates with the knowledge and skills to apply various counselling approaches effectively to address mental health issues, especially within the Bangladeshi context.
PEO 2	To prepare graduates to uphold ethical standards, make responsible decisions, and take on leadership roles in counselling practice.
PEO 3	To enable graduates to provide culturally sensitive counselling services, respecting the diversity of individuals and communities in Bangladesh.
PEO 4	To encourage graduates to engage in research and use evidence-based practices to improve mental health services and their professional practice.
PEO 5	To inspire graduates to advocate for mental health as a human right and ensure that counselling services are accessible and fair for everyone.

13. Programme Learning Outcomes (PLOs)

PLOs	Description
PLO 1	Graduates will be able to use a range of counselling approaches and techniques to address diverse mental health issues in individuals and groups.
PLO 2	Graduates will demonstrate a strong commitment to ethical standards and professional conduct in all aspects of their counselling practice.
PLO 3	Graduates will offer counselling services sensitive to their clients' cultural, social, and economic backgrounds, ensuring inclusivity and respect for diversity.
PLO 4	Graduates will be able to conduct independent research, critically evaluate findings, and integrate evidence-based practices into their counselling work.
PLO 5	Graduates will advocate for mental health as a fundamental human right, promoting equitable access to mental health services for all individuals in society.

14. Mapping mission of the university (UM) with PEOs

PEOs	UM 1	UM 2	UM 3	UM 4	UM 5	UM 6
PEO 1	3		1	2	2	
PEO 2	2			2	3	
PEO 3			3	3	3	2
PEO 4	1	3				
PEO 5			2	3	3	2

Note. Level of correlation: Weak (1), Moderate (2) and Strong (3)

15. Mapping PLOs with the PEOs

PLOs	PEO 1	PEO 2	PEO 3	PEO 4	PEO 5
PLO 1: Apply Counselling Theories & Techniques	✓	✓		✓	✓
PLO 2: Demonstrate Ethical & Professional Practice	✓	✓		✓	✓
PLO 3: Provide Culturally Responsive Counselling	✓	✓		✓	✓
PLO 4: Conduct Research & Apply Evidence-Based Practices	✓	✓	✓	✓	
PLO 5: Advocate for Mental Health & Human Rights		✓		✓	

16. Mapping courses with the PLOs

Courses	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5
CPSY 501: Introduction to Counselling Theory and Practice	✓		✓	✓	
CPSY 502: Contemporary Mental Health Issues	✓	✓	✓	✓	
CPSY 503: Mental Health Issues Across the Lifespan	✓	✓	✓	✓	

Courses	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5
CPSY 504: Indigenous Counselling and Human Rights in Bangladesh	✓	✓	✓	✓	✓
CPSY 505: Psychological Assessment and Reporting	✓	✓		✓	
CPSY 506: Research Methods and Data Analysis in Counselling Psychology		✓		✓	
CPSY 507: Ethics and Professional Issues in Counselling Practice and Research	✓	✓	✓	✓	✓
CPSY 508: Thesis		✓	✓	✓	✓
CPSY 509: Seminar				✓	✓
CPSY 510: English for Mental Health Professionals	✓	✓	✓		✓
CPSY 511: Counselling Micro Skills	✓	✓	✓		✓
CPSY 512: Application of Counselling Approaches	✓	✓	✓	✓	
CPSY 513: Internship	✓	✓	✓	✓	✓
CPSY 514: Viva (Oral Examination)	✓	✓	✓	✓	✓

Part B: Structure of the Curriculum

17. Structure of the Curriculum

   17.1.   **Duration of the Programme:** 1.5 Years

Classes	30 weeks
Preparation Time for Course Final Examination	4 weeks
Course Final Examination (Theory)	8 weeks
Time for internship and thesis report submission	26 weeks
Result publication	4 weeks
Total	**72 weeks**

   17.2.   **Admission Requirements:** Graduate with honours (4 years) in Psychology from any reputed university/college with 50% marks or CGPA of 3.00 out of 4.00. Graduate (3 years) and Master's in Psychology from any reputed university/college with 50% marks or CGPA 3.0 out of 4.00. Admission is based on satisfactory performance in written and oral tests, usually held in November each year. English proficiency is required as the language of instruction is English.

   17.3.   **Total Minimum Credit Requirement to Complete the Programme:** 46 credit hours are required to complete the programme, equivalent to level 9 of the Bangladesh National Qualifications Framework (BNQF) for higher education.

   17.4.   **Total Class Weeks in a Year/Programme:** The total number of class weeks for each course is 30 weeks (The lecture hours for a 2-credit course are 30, and for a 4-credit course, they are 60).

17.5. **Minimum CGPA Requirements for Graduation:** Students must achieve a minimum CGPA of 2.50 out of 4.00 to be eligible for graduation.

17.6. **Maximum Academic Years of Completion:** Students must complete the programme within a maximum of 2 (two) consecutive academic years.

17.7. Category of Courses

Theory	Thesis	Clinical Work	Seminar	Viva-Voce	Total credits
24	6	12	2	2	46

17.7.1. **General Education Courses:** General education courses provide a broader learning experience for students and are interdisciplinary in nature. The following courses are designated as general education for the MS in Counselling Psychology programme.

Course Code	Course Title	Credit Hours	Full Marks
CPSY 504	Indigenous Counselling and Human Rights in Bangladesh	2	50
CPSY 510	English for Mental Health Professionals	2	50

Total: 4 credit hours, 100 marks.

17.7.2. **Core Courses**: Core courses that characterise the discipline are divided into three main pillars:

Pillars	Courses	Credit Hours	Full Mark
Pillar 1: Core Scientific Knowledge	CPSY 501: Introduction to Counselling Theory and Practice	2	50
	CPSY 502: Contemporary Mental Health Issues	4	100
	CPSY 503: Mental Health Issues Across the Lifespan	4	100
Pillar 2: Research and Assessment	CPSY 505: Psychological Assessment and Reporting	4	100
	CPSY 506: Research Methods and Data Analysis in Counselling Psychology	4	100
	CPSY 507: Ethics and Professional Issues in Counselling Practice and Research	2	50
	CPSY 508: Thesis	6	150
	CPSY 509: Seminar	2	50
Pillar 3: Clinical Skills	CPSY 511: Counselling Micro Skills	4	100
	CPSY 512: Application of Counselling Approaches (Practical)	4	100
	CPSY 513: Internship (Practicum)	4	100
	CPSY 514: Viva (Oral Examination)	2	50

Total: 42 credit hours, 1050 marks.

17.7.3. Capstone Courses/Internship/Thesis/Projects/Portfolio

17.7.3.1. **Internship (CPSY 512: Internship):**200 hours of client contact, 50 hours of supervised practice, and 350 hours of non-contact tasks (workshop, seminars, conference, training, etc.) (total of 600 hours).

17.7.3.2. **Thesis (CPSY 508: Thesis):** Research-based thesis that requires (i) proposal seminar, (ii) pre-submission seminar (defense), and (iii) final thesis submission.

18. Year/Level/Semester/Term wise distribution of courses: NA

Part C: Description of all courses

19. Description of all courses (see page 14)

Part D: Grading and Evaluation

20. Grading and Evaluation

20.1. **Grading Scale:** The grading scale follows the University of Dhaka's guidelines for postgraduate programmes, with a letter grade assigned based on the percentage of marks obtained in each course.

Marks (%)	Letter Grade	Grade Point
80% and above	A+	4
75% to less than 80%	A	3.75
70% to less than 75%	A-	3.5
65% to less than 70%	B+	3.25
60% to less than 65%	B	3
55% to less than 60%	B-	2.75
50% to less than 55%	C+	2.5
45% to less than 50%	C	2.25
40% to less than 45%	D	2.00
Below 40%	F	0.00 (Fail)

20.2. **Grades**

- **A+ (Excellent):** Exceptional performance, demonstrating a thorough mastery of course content.
- **A (Very Good):** Strong performance, exceeding normal expectations for understanding and skill.
- **A- (Good):** Solid performance, showing a good understanding of the material.
- **B+ (Above Average):** Demonstrates competence and proficiency in the course.
- **B (Average):** Adequate performance, meeting the minimum standard.
- **B-(Satisfactory):** Marginal performance, but still passing.
- **C+ (Pass):** Sufficient understanding to meet course requirements, though lacking in some areas.

- **C (Low Pass):** Barely meets the minimum requirements for passing.
- **D (pass):** Meets the minimum requirements for passing.
- **F (Fail):** Did not meet the minimum requirements for passing the course.

20.3. **Grade Point Average (GPA) and Cumulative Grade Point Average (CGPA)**

- GPA is calculated by dividing the total grade points earned by the total number of credits attempted in an academic year.
- CGPA is calculated by dividing the total grade points earned across all academic years by the total number of credits attempted throughout the programme.
- CGPA Formula: CGPA= $\frac{\Sigma(Credit\ hours X Grade\ Points)}{\Sigma(Credit\ hours)}$
- Minimum CGPA for Graduation: A CGPA of 2.50 is required to successfully complete the programme.

20.4. **Course Withdrawal:** Students may withdraw from a course within the first four weeks of instruction without academic penalty. Withdrawals after this period will be recorded on the academic transcript, and students may receive a "W" grade, indicating withdrawal without completion. Re-registration in a withdrawn course is allowed, subject to course availability and departmental approval.

20.5. **Incomplete (I) Courses:** If a student is unable to complete a course due to extenuating circumstances (e.g., illness, family emergency), they may request an Incomplete (I) grade. The student must complete the remaining coursework within one semester to replace the incomplete grade. Failure to complete the remaining work within the prescribed time will result in an F grade.

20.6. **Retake:** A student can appear in a retake examination once only in one course to clear an F grade within 6 (six) weeks after the announcement of the result and definitely before registration for convocation. His/her in-course assessment marks will be retained.

20.7. **Grade Improvement:** Students are allowed to improve grades in courses where they scored C+ or below. Grade improvement is limited to **two courses** within the programme. The highest grade earned from the course retake will be used to calculate the CGPA, but the original grade will remain on the transcript.

20.8. **Dropout:** Students who fail to achieve a CGPA of 2.50 at the end of the first academic year may be dismissed from the programme. Students must complete the programme within 2 (two) academic years. Failure to do so will result in automatic dropout, except for cases where an official extension is granted under extraordinary circumstances.

20.9. **Readmission**

20.9.1. A student failing to earn the degree may seek readmission once with the next batch. For readmission, a student must apply within one month after the

announcement of the result of the concerned year. Readmission will be allowed only after the approval of the departmental Academic Committee.

20.9.2.   On readmission, a student may be allowed by the departmental Academic Committee to retain his/her in-course marks earned earlier as chosen by him/her. The Academic Committee of the respective department will determine whether the re-admitted student can undertake any thesis work.

20.9.3.   If a student succeeds after taking readmission, his/her transcript will bear "R" after GPA, with a footnote mentioning "R means readmission."

20.10.   Basis for awarding marks for class attendance:

Attendance (%)	Marks (%)
95 and above	5
90 to less than 95	4
85 to less than 90	3
80 to less than 85	2
75 to less than 80	1
Less than 75	0

20.11.   Class Attendance

20.11.1. A student must attend at least **75%** of the total classes held in an academic year to be eligible to appear in the final examination of that year without paying any penalty.

20.11.2. A student attending at least **60%** of classes but less than 75% of classes will be allowed to appear for the examination after paying non-collegiate fees fixed by the university.

20.11.3. A student attending less than **60%** of classes will not be allowed to appear for the final examination for that year.

20.12.   In–course Assessment (Theory courses):

20.12.1. **In-course test:** In–course tests of one-hour duration shall be conducted and evaluated by the course teacher. There will be a minimum of 2(two) written tests for 4 credit courses and a minimum of 1 (one) written test for 2- credit courses. Questions for in-course tests should preferably be of the objective type or, as such on approval of the Academic Committee of the department. Additional assessment examinations may be made by a course teacher as determined by him/her. In such cases, the marks for all the examinations will be used to calculate the average marks for the course. The course teacher will show the assessed in-course scripts to the students.

20.12.2. **Make–up test:** A student failing to appear in an in-course examination will not be allowed to sit for any make-up test. Absence in any in-course test will be counted as zero when calculating the average in–course tests for that course. However, a student can apply to the Chairman of the relevant department for a make-up test if he/she can satisfy certain conditions. The Chairman will only place the application

before the Academic Committee if the particular student had met an accident, his/ her parent(s) had expired, or he/ she had gone through a surgical procedure one/two days before the assessment exam date or any other such situation which the Academic Committee feels can be considered. The make-up test must be held during the course period.

20.13. The Course Final Examination (Theory Courses):

20.13.1. The course final examination will be conducted centrally by the Controller of Examinations as per the existing system.

20.13.2. The pattern of theory questions will be decided by the department's Academic Committee. However, there will be no objective part.

20.13.3. The course final examinations will be of 3 hours duration for 4- credit courses, and 2 hours for 2- credit courses.

20.13.4. For Evaluation of the course final examination, there will be two examiners: one internal (will be the course teacher/teachers) and the other external (will preferably be within the department/university provided that he/she was not the course teacher for the course paper to be examined).

20.13.5. Under the double-examiner system, there will be a third examiner if the difference in internal and external marks is more than 20%. Marks of the nearest two examiners will be averaged out as final marks.

20.14. **Assessment of Seminar:** The Seminar will be evaluated by a committee involving three internal members of the examination committee and two members nominated by the department's Academic Committee.

20.15. **Assessment of Thesis:** Oral presentation/ thesis defence will be evaluated by a committee of 5 members, of which 4 are from the examination committee, and 1 is the respective supervisor. The thesis will be evaluated by two external examiners from outside the department. If the difference in marks of two external examiners is more than 20%, there will be a third examiner to examine. Marks of the nearest two examiners will be used to get average marks as final marks.

20.16. **Viva-voce/ Oral examination:** Viva-voce/ Oral examination will be conducted by the Examination Committee.

20.17. Other General Regulations:

20.17.1. Respective statutory authorities of the university shall design the syllabus, allocate courses for teaching, and constitute an examination committee and panel of examiners as per the university's rules.

20.17.2. At the beginning of the session, a course teacher shall provide the students a course outline including a statement of objectives, main topics, teaching approaches (e.g., labs, case studies, fieldwork, etc.), schedule of tests, textbooks, and other required materials.

20.17.3. The course teacher shall announce the result of the in-course tests within two weeks of the date of holding the tests and submit the marks to the Chairman of the Examination Committee for the respective batch and also a copy to the Controller Examinations at least two weeks before the start of the annual examination. He/she should also submit a statement showing the total number of classes held and the number of classes attended by each student in his/her course to the Chairman of the Examination Committee for the respective batch.

20.17.4. Tabulation work will be started only after all the marks of the course final examinations for the year are received by the Chairman of the Examination Committee. Marks received by the Chairman of the Examination Committee shall remain in the sealed envelope as sent by the Examiner/Examiners until tabulation work is started. In the case of thesis group tabulation, work will be started only after the thesis presentation.

20.17.5. The present system of conducting the course final examination and publication of results by the office of the controller of Examination shall continue.

20.17.6. For any matter not covered in these rules, the existing rule of the University of Dhaka will be applicable.