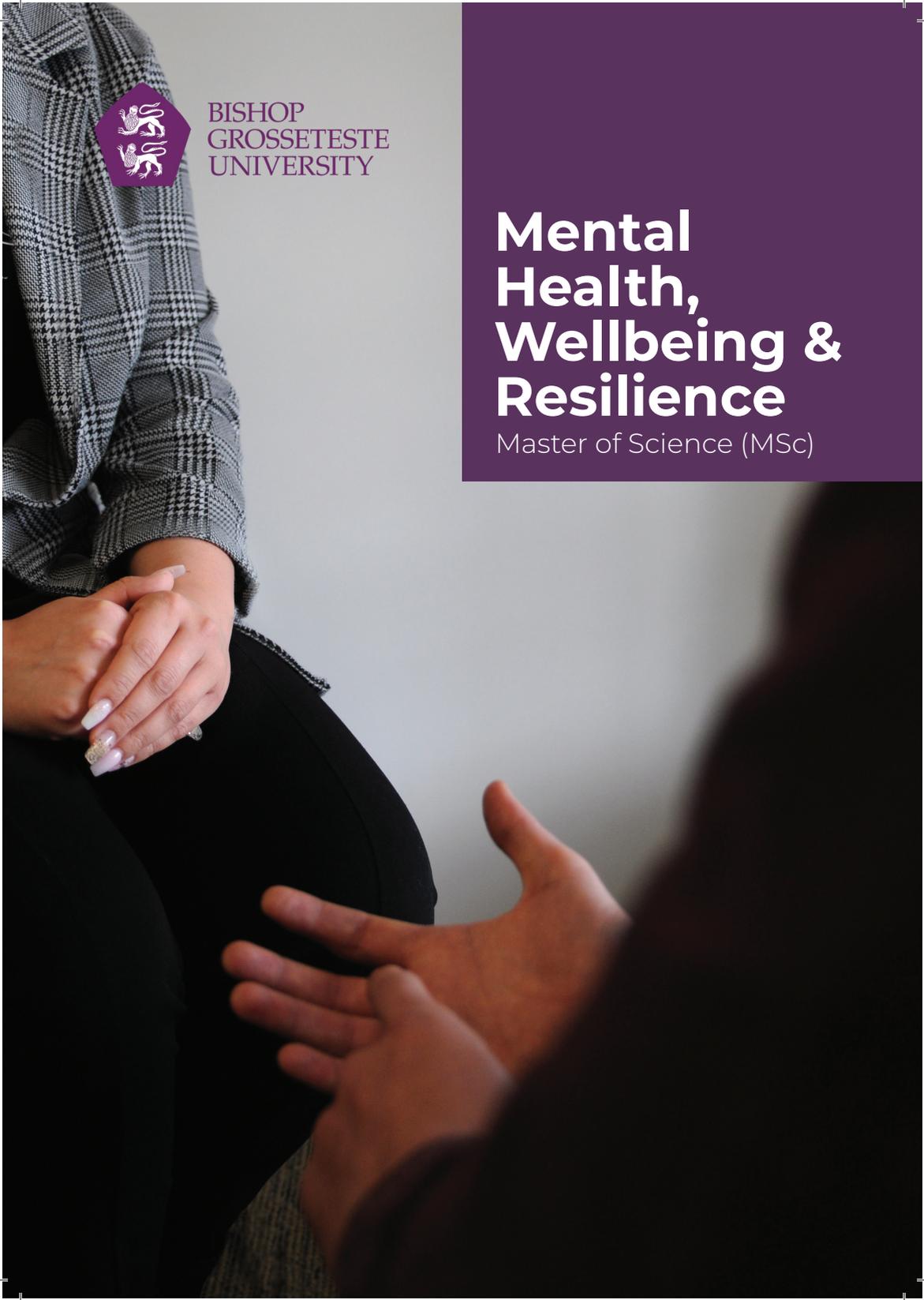




BISHOP
GROSSETESTE
UNIVERSITY

Mental Health, Wellbeing & Resilience

Master of Science (MSc)



Why study at BGU?

We're one of only a handful of universities in the UK to have been awarded a TEF GOLD award for the excellent quality of our teaching

Our student accommodation has been ranked 6th in the UK by student reviews on WhatUni in a recent survey

97% of our students are in work or further study within 6 months of graduating, and our careers team will support you long after you graduate

Our self-contained campus is a safe and secure environment in which to live and study, and Lincoln is an extremely student-friendly city

Hello

CONTENTS

MENTAL HEALTH, WELLBEING & RESILIENCE AT BGU	4
MODULES	6
WHAT WE OFFER	10
YOUR FUTURE	12
WHY BGU?	14
WHAT HAPPENS NEXT?	18
WHERE ARE WE?	19

Mental Health, Wellbeing & Resilience at BGU

This Masters course is designed to support and challenge professionals from a range of formal and informal professional settings and contexts, such as Education, Human Resources, Mental Health, Nursing, Social Work, Policing and Armed Forces, and the Emergency Services and the voluntary sector.

The relevance of mental health, wellbeing and resilience in the workplace is at the heart of this course, and you are required to be in a relevant practice-setting either in employment or in a voluntary capacity. The modules are designed to enable you to explore lines of enquiry relevant to your employment role and research interests within the overall

focus of the module content. As a Professional Development Programme, practice-based issues will be at the forefront of the curriculum. Each module provides the opportunity to explore different research techniques, methodologies and advanced scholarship. The module content is designed to allow for maximum flexibility for you to choose specific lines of enquiry and focus in line with your research interests, practice experience and working role.

The MSc in Mental Health, Wellbeing and Resilience aims to produce high-calibre postgraduates who are autonomous, reflexive, possessing of inquiring and analytical minds as part of their continued professional formation.



For full details of all of our courses, including combinations, module details, entry requirements and much more, visit [bishopg.ac.uk/courses](https://www.bishopg.ac.uk/courses)



I saw an advert for BGU online and when I clicked on it I knew it was there I wanted to go. BGU were really supportive and helpful - they say that you get a feeling when you find the right place, and I knew straight away it was BGU.”

Holly
Early Childhood Studies

KEY FACTS

AWARD: Master of Science (MSc)

DURATION: 2 years part-time

START DATE: September

TYPICAL OFFER: Honours degree at 2:2 classification, and be working or volunteering in a relevant workplace setting.

INSTITUTION CODE: B38



“

The best thing about BGU is that you are part of a family, there is such a sense of family and connectedness.”

Sam

Archaeology and History

Mental Health, Wellbeing & Resilience modules

At BGU you can study Mental Health, Wellbeing & Resilience as Master of Science degree, giving you an in-depth knowledge of the subject. Depending on your year of entry, options and any potential course combinations, you may study some or all of the following modules in Mental Health, Wellbeing & Resilience at BGU.

For full details of all of our courses, including combinations, module details, entry requirements and much more, visit bishopg.ac.uk/courses

Modules

Introduction to Mental Wellbeing and Resilience

This module introduces key concepts in Mental Health, Wellbeing and Resilience, encouraging you to reflect on and challenge your own professional practice through critical personal reflection. Students will define and interrogate key themes and concepts in Mental Wellbeing and Resilience such as anxiety, mood, autism and SENI, post traumatic stress disorder (PTSD), gender and diversity, resilience, self-care and positive psychology.

Debates and perspectives in Mental Wellbeing and Resilience

Debates within the field of mental wellbeing have centred around the tension between a bio-medical model of psychological distress, and psycho-social models that consider the effects of environment, diversity and social inequalities. The syllabus of this module will consider diversity and how the individual's background and belief systems influences their perception of mental health and wellbeing.

Building Resilience through Reflective Practice

This module will critically explore the key theories of building individual resilience in working life through reflective practice and signpost to models and theories of self-care for wellbeing in the workplace. It will explore experiential learning through key techniques such as preventing burn-out, safeguarding, ethics, self-care, mindfulness, solution focused, Cognitive Behavioural Therapy stress management models of empowerment, transactional analysis, person centred approaches, acceptance and positivity, vicarious response / trauma, and problem management and opportunity development.

Research Skills and Methodologies

This module critically explores Research Design and investigates different methodologies to engage with advanced research. The Module also aims to introduce alternative ways of examining professional contexts and practices and explores the different traditions of research, and their potential, for describing, analysing, and improving professional practice.

Dissertation

Supported by supervisors, workshops, Action Learning Sets on research methodology and on-line materials, you will face the challenge of developing a sustained, accurate, and reflective argument to answer a research question. The focus of the Research Project is to develop research-informed models to enhance practice.

“

One of the standout elements for me on this course has been the support and interaction you get from lecturers - not just those on your course but across the university. They go out of their way to provide interesting opportunities for us. There's no divide between student and lecturer, you constantly feel supported.”

Jonah

MA Social & Cultural History

Our range of Masters courses at BGU are designed to build upon your undergraduate study and fully enhance your subject knowledge in specific areas. They're perfect for if you want to carry on your studies after completing a Bachelors degree, or learn even more about a particular subject. We've recently added a whole host of new courses to our Masters portfolio, giving you a wider selection of courses to choose from than ever before.

You can find out more about all our Masters courses at www.bishopg.ac.uk/masters



“

I chose this course as it related to my job role, love learning from everyone else's experiences – staff and other students.”

Lynsey

Health & Social Care



What we offer

Delivery

Teaching on this course will be delivered through a mixture of interactive lectures, workshops, tutorials and seminars to promote engagement and independent learning. You will work collaboratively in sessions to discuss and critically analyse professional issues, review research, policy and research methodologies.

Assessment

During the study of this course you will systematically build knowledge and understanding to allow you to design, implement and analyse research, and to write a research proposal. You will be assessed in a manner which will allow you to demonstrate your confidence in articulating your ideas and knowledge both orally and in your academic

writing. Each of the Module Assessments will focus on the skills required for the elements contributing to the undertaking of a research proposal and the writing of a Dissertation.

Support

Studying at BGU is a student-centred experience. Staff and students work together in a friendly and supportive atmosphere as part of an intimate campus community. You will know every member of staff personally and feel confident approaching them for help and advice, and staff members will recognise you, not just by sight, but as an individual with unique talents and interests. We will be there to support you, personally and academically, from induction to graduation.



“

I aim use the course as a springboard for getting involved in more rural mental health related research.”

Kay

MSc Mental Health,
Wellbeing and Resilience

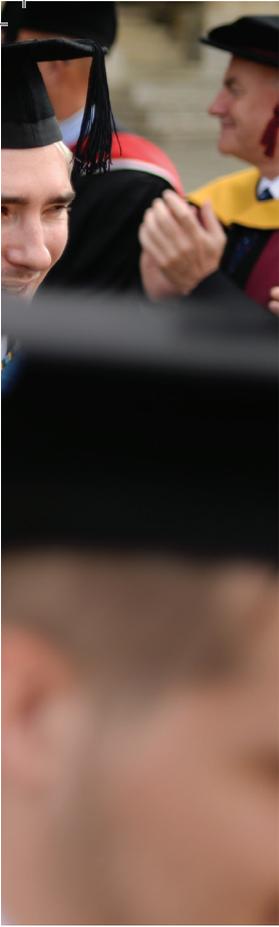




Your future

Our students have excellent rates of employability when they graduate from BGU, which is great news for you as it means that you can study for a degree knowing that your future is in safe hands. Our employability rates are extremely important to us here at BGU, which is why we offer placement opportunities as an integral part of our courses.

The MSc Mental Wellbeing and Resilience is a professional development programme and has been formed to reflect the needs and views of employers. Mental Wellbeing and Resilience is an important contemporary issue affecting the whole of society and employers are actively seeking solutions to support wellbeing in the workplace.



Take a look at what qualities and skills you'll develop as a BGU student
bishopg.ac.uk/graduate-attributes

“

The flexibility of being a part time course over 3 years had made it accessible for me with my work and family commitments. I like the fact that it considers various aspects of mental health and their relevance to the workplace. It is also great that it includes additional opportunities, such as the NHS Mental Health First Aid Training Certificate and the Mindfulness Based Stress Reduction course.”

Kay

MSc Mental Health,
Wellbeing & Resilience



Why BGU?

Here at BGU we've been providing first-class education to students for over 150 years. We're based in the heart of historic Lincoln, a beautiful and extremely student-friendly city.

Navigating around Lincoln on foot is simple, from the cobbled streets uphill to the modern city centre and waterfront downhill.

We're located uphill on an attractive, leafy campus just a few minutes' walk from Lincoln's medieval Cathedral, Castle and Bailgate area.

With plenty of live entertainment, cultural attractions and nightlife hotspots, there's plenty to keep you entertained, uphill and downhill.

Visit [bishopg.ac.uk/lincoln](https://www.bishopg.ac.uk/lincoln) to find out what's on offer in Lincoln.



“

BGU was always my first choice when considering universities. Everything about it is beautiful, from the leafy green trees to red brick buildings – and everything on the inside is just amazing.”

Sian

English Literature

As a single-site campus, just about everything you need is close by, whether it be your tutors, your friends, your lectures or the places in which you like to relax.

Our students are some of the happiest in the UK, which is incredibly important to us. We really care about our students and aim to support them all of the way through their studies, from application to graduation.

People often say that there's something special about BGU, that the people really care. There's a warm and friendly feel to life here, and we do everything possible to look after our students however we can.

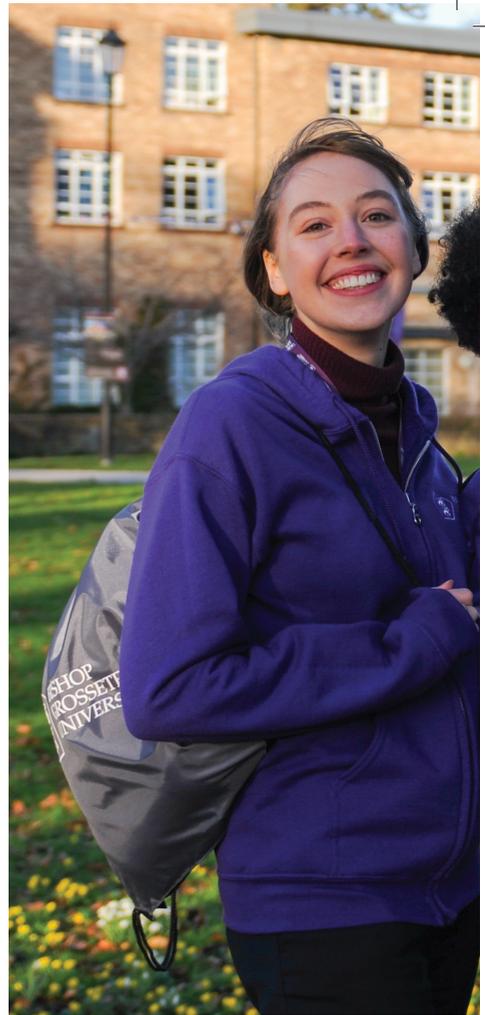
Studying as part of a close-knit community, you'll get to know staff personally and feel confident in being able to approach them for help and

Explore what we have to offer on our campus at [bishopg.ac.uk/campus](https://www.bishopg.ac.uk/campus)

“

I came here on an Open Day and really loved it. My first impression at the Open Day was that I really liked it because it was smaller – you go to some universities and they are really massive, scary big city campuses, but here I felt really comfortable.”

Hayley
Education Studies



advice. Staff will recognise you - not just by sight but as an individual with unique talents, interests and needs. We'll be there to support you, academically and personally, from the day you start until long after you leave.

Life after BGU is extremely important and we offer many different methods

of support for your future career. This, alongside our talented graduates, is one of the reasons that we consistently achieve impressive employability figures.

This is great news for you as you'll be able to study at BGU knowing that your education is in safe hands!

There's no better way to really get a feel for what BGU has to offer than by coming to visit us. To book your place now visit [bishopcrossett.ac.uk/opendays](https://www.bishopcrossett.ac.uk/opendays)



The family feel is exactly why people should study at BGU. BGU becomes your home regardless of your age or background. In fact, I felt such a connection with the University on my first visit that I went to five Open Days before I started my BA. I wanted to be part of BGU straight away and I know it will stay with me forever.”

Kate

Drama in the Community
& MA in Education

What happens next?

Open Days

So you've found a course you're interested in - what next? We feel very strongly that coming along to visit us on an Open Day is the very best way to find out everything about BGU.

A BGU Open Day is designed with you in mind, to give you a taste of what it's like to live, study and work here. We try to make everything as easy as possible for you, so you can relax and enjoy the day. You'll have the chance to explore the campus and surrounding area,

and speak to members of academic staff about the courses you're interested in, look around our accommodation, and get any questions you may have answered.

Book your place on our next Open Day now - visit **www.**

bishopg.ac.uk/opendays

If you think you'd like to apply, need more information or just want to speak to somebody about your options, contact our Enquiries team by calling **01522 583658** or emailing **enquiries@bishopg.ac.uk**

Ready to apply? Brilliant. We can't wait to receive your application! For the majority of our courses you will apply through UCAS – visit **www.bishopg.ac.uk** for all the information you will need. And don't worry – if you need help with anything, from UCAS scores to personal statements, we're here to help. Our dedicated team are ready to answer your queries and questions.

The contents of this booklet are correct at the time of going to print (January 2020). For full and up-to-date information on all of our courses, visit **bishopg.ac.uk**

Where are we?



• LINCOLN

Edinburgh •

Newcastle •

• Belfast

Dublin •

Manchester •
Sheffield •

• York

• LINCOLN
• Nottingham

Birmingham •

Norwich •

Cardiff •

London •

• Brighton

Exeter •

Airports close to BGU

- Humberside
- Doncaster
- Nottingham East Midlands

Where	Road	Rail
Sheffield	55 miles	1hr 20m
Nottingham	39 miles	55m
Leeds	77 miles	2hrs
York	69 miles	1hr 45m
London	144 miles	2hrs

**BISHOP GROSSETESTE UNIVERSITY
LONGDALES ROAD
LINCOLN
UNITED KINGDOM
LN1 3DY**

www.bishopg.ac.uk
Telephone (01522) 583658
enquiries@bishopg.ac.uk

“

The course is so relevant for today's workplaces and is a great opportunity to combine personal and professional development alongside a job or personal commitments.”

Kay

MSc Mental Health,
Wellbeing and Resilience

@BGULincoln

