



# **Access to HE Diploma (Psychology)**

## **Diploma Guide**

Valid From August 2025  
Learning Aim Code: 40011859



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## Access to HE Diploma Background and Aims

The Access to Higher Education Diploma is a full Level 3 UK qualification. It is regulated by the Quality Assurance Agency for Higher Education (QAA) which licenses Access Validating Agencies (AVAs) to accredit and award the Access to Higher Education Diploma in the UK.

Access to Higher Education Diplomas enable students to acquire the knowledge and skills necessary to progress to higher education. They are key to widening participation from groups traditionally underrepresented at higher education institutions and are therefore aimed particularly, though not exclusively, at adults without traditional qualifications.

The aims of the Access to HE Diploma are to:

- prepare students who are returning to education for progression to Higher Education, further training in a related vocational or occupational area
- help students develop the skills and knowledge they need to achieve on their chosen HE course or career pathway
- familiarise students with the teaching and learning methodologies and assessment strategies found in Higher Education Institutions (HEIs)
- help students to gain confidence in their abilities, to review and monitor their own progress and to become independent students
- develop students' research, planning, analytical and evaluation skills
- enable students to make informed choices about future progression routes.

## Diploma development

Skills and Education Group Access has worked with curriculum specialists and higher education colleagues to develop the Access to HE Diploma (Psychology). Every Diploma is validated by the AVA through a robust and rigorous peer panel process which then recommends approval to the AVA's Access to HE Committee. By taking into consideration the views of Further and Higher Education practitioners, the AVA ensures that the Diploma meets all QAA requirements and that it enables students to complete a planned, balanced and coherent programme of study, through which they have been able to acquire a subject knowledge and develop academic skills which are relevant to the intended progression route(s).

**LC 50a: This QAA recognised Access to HE Diploma is validated for delivery within the UK by a provider with a main base in the UK (including the Channel Islands and the Isle of Man) only.**

**LC 50c: Only students with a UK address (including BFO) can be registered for an Access to HE Diploma.**

## Diploma Specification

The QAA Diploma Specification states that the Access to HE Diploma is a:

- unitised qualification, based on units of assessment which are structured in accordance with the Access to HE unit specification
- credit-based qualification, operated in accordance with the terms of the Access to HE credit specification
- graded qualification, as determined by the Access to HE Grading Scheme.

## About this qualification

AVA Diploma Access to HE Diploma	Main Classification (Sector Subject Area)	Sub- Classification
(Psychology)	2: Science and Mathematics	2.1: Science

**This Diploma specification is valid from: 01/08/2025**

**Diploma revalidation date: 31/07/2029**

The Access to HE Diploma (Psychology) provides students with an understanding of core psychological theories, research methods, and counselling techniques. This course is designed to prepare students for Higher Education leading to careers in psychology, counselling, social work, and related fields. Students will acquire key knowledge, subject-specific skills, and transferable skills vital for success in these sectors.

### A. Key Knowledge:

#### 1. Psychological Theories and Principles:

- Understanding fundamental psychological concepts, such as those in Cognitive Psychology and Social Psychology.
- Knowledge of human development stages
- Insight into psychological disorders and mental health strategies

#### 2. Biopsychology and Behaviour:

- Comprehension of the biological bases of behaviour, including brain function and the impact of drugs
- Knowledge of the interplay between biological systems and psychological processes

#### 3. Counselling and Health Psychology:

- Understanding counselling theories and the application of practical helping skills
- Insight into health psychology perspectives and the impact of psychological factors on health and illness.

### B. Subject-Specific Skills:

**1. Research and Analysis in Psychology:**

- Skills in conducting psychological research and statistical analysis
- Knowledge of psychological profiling and its practical applications in fields like forensic psychology.

**2. Counselling Techniques:**

- Applying counselling and helping skills in various scenarios, as detailed in Practical Counselling and Helping Skills.
- Implementing therapeutic strategies to address psychological disorders.

**3. Ethical and Safe Practices:**

- Understanding the ethical use of technology in psychology
- Knowledge of professional and ethical standards in psychological practice.

**C. Transferable Skills:****1. Research and Academic Skills:**

- Development of strong research and project management skills
- Proficiency in academic writing and critical reading, supported by Academic Writing Skills and Reading and Note Making.

**2. Communication and Technology Skills:**

- Enhanced presentation and communication skills
- Proficiency in the use of information and communication technology relevant to psychological research and practice.

**3. Critical Thinking and Reflective Practice:**

- Improved critical thinking and analytical abilities, particularly in understanding complex psychological and social issues.
- Emphasis on reflective practice to foster continuous personal and professional growth, illustrated in units like Reflective Practice.

## Intended Progression Routes

**LC 61a and 61b: Access to HE Diplomas are intended to provide a preparation for study in UK higher education, but the award of a Diploma does not provide guaranteed entry to UK higher education programmes.**

The following progression routes were agreed at the point of validation as being appropriate choices for students who achieve the Access to HE Diploma (Psychology), subject to the course entry requirements and application process.

- BSc Psychology
- BSc Forensic Psychology
- BSc Psychology with Counselling
- BSs Psychology with Criminology
- BSc Psychology with Education
- BA Philosophy, Psychology and Scientific Thought.

**It is essential that providers delivering this Diploma consult receiving HEIs themselves to ensure that suitable and relevant progression opportunities are sound. Evidence of HEI consultation and progression possibilities will be identified in the provider's Programme Submission Document.**

## Access to HE Diploma provider assessment strategy advice

QAA states that the Access to HE Diploma provides '*HE progression opportunities for adults who, because of social, educational or individual circumstances may have achieved few, if any, prior qualifications*'. They also state that, '*Students who are awarded the Diploma will have completed a planned, balanced and coherent programme of study, through which they have been able to acquire subject knowledge and develop academic skills which are relevant to the intended progression route(s)*'. Therefore all approved providers need to develop diploma assessment strategies which outline what assessment activities the students will undertake, how they will be used and why they have been chosen in order to achieve the learning aims:

1. **What** is the aim of the diploma assessment strategy?
2. **How** will it be achieved?
3. **Why** has this approach been chosen?

### **Assessment design:**

Access to HE Diplomas should be assessed using innovative and contemporaneous methods, tailored to prepare students studying at Level 3 for study at Higher Education. Assessment design should be holistic, ensuring students can demonstrate attained knowledge, skills and behaviours in and across units and assessments should reflect those likely to be encountered on Higher Education courses in the same field of study. Specific assessment guidance should be provided for each unit to ensure consistency and fairness across all student achievements.

In addition, providers must ensure that assessment methods are chosen which afford students opportunities to demonstrate the requirements of the three Grading Standards; Knowledge and Understanding, Subject Specific Skills and Transferable Skills.

Assessment design should comply with the requirements of the QAA Grading Scheme (2024) and also be aligned to the principles of assessment: Validity, Authenticity, Reliability, Currency and Sufficiency (VARCS).

### **LC 50g: Tutor/Assessor qualifications and experience specifically required for delivery and assessment of this diploma:**

Generally, and as a minimum, it is expected that provider staff teaching on the Diploma have the required professional competence and skills necessary for the mode(s) of delivery to be used, and the level of subject expertise necessary to teach and assess the units available on the Diploma.



## Rules of Combination

Where options are available within a single set of rules of combination, which allow alternative requirements for the achievement of a named Diploma, the alternatives permitted by the options are consistent, in terms of academic challenge and demand, and will require equivalent standards for achievement, whenever and wherever it is delivered.

<b>Access to HE Diploma (Psychology)</b>	
Credit Value of the Diploma:	<b>60</b>
Students must achieve all the units within the Diploma.	
<p>All Diplomas are 60 credits, irrespective of the place, subject or mode of study. Of the 60 credits 45 must be from graded units concerned with academic subject content, with the remaining 15 credits to be achieved from ungraded units.</p> <p>In addition, all students must study a minimum of <b>ten 3 credit units</b> and at least <b>one 9 or 6 credit unit up to a maximum of 30 credits</b>, which may or may not be graded.</p>	
Students can achieve up to a maximum of 30 credits at Level 3 through credit transfer and the award of credit through the recognition of prior learning.	
<p>Students undertaking any Access to HE Diploma, whatever their mode of study, must be:</p> <ul style="list-style-type: none"> <li>a) registered and certificated for units to a maximum value of 60 credits</li> <li>b) registered for units to the value of 60 credits no later than 84 days from the start date of their Access to HE course, or before the student makes a formal application to a higher education course through UCAS or any other application process, whichever date occurs first.</li> </ul>	



## Appendix 1 - Units of Assessment – Access to HE Diploma (Psychology)

For every unit included in the table, further information is included in the Unit Specifications, including learning outcomes and assessment criteria.

### Grading Standards (Applied to all graded units)

<b>1</b>	<b>Knowledge and Understanding of the Subject</b>	<b>KU</b>
<b>2</b>	<b>Subject Specific Skills</b>	<b>SS</b>
<b>3</b>	<b>Transferable Skills</b>	<b>TS</b>

**There are no mandatory units. Students must study a minimum of TEN, 3 credit units and at least ONE 6 or 9 credit unit up to a maximum of 30 credits.**

### Graded Units. Choose 45 credits from:

Unit Title	National Code	Level	CV
Health Psychology Perspectives	PK1/3/AA/07G	Three	3
Psychological Disorders and Therapeutic Strategies	PK1/3/AA/09G	Three	3
Biopsychology: Behaviour and the Brain	PK1/3/AA/22G	Three	3
Aggression	PK1/3/AA/23G	Three	3
Biopsychology: Behaviour and Drugs	PK1/3/AA/24G	Three	3
Social Interaction	PK1/3/AA/26G	Three	3
Intelligence	PK1/3/AA/28G	Three	3
Psychological Profiling	PK1/3/AA/30G	Three	3
Child Development	PK3/3/AA/06G	Three	3
Child Development Early Socialisation	PK3/3/AA/07G	Three	3
Cognitive Psychology	PK8/3/AA/02G	Three	3
Counselling Theory	PS1/3/AA/04G	Three	3
Statistics for Psychology	RB7/3/AA/03G	Three	3
Key Aspects of Psychology	PK1/3/AA/04G	Three	6
Research Skills: Project	PK1/3/AA/17G	Three	6
Social Psychology	PK1/3/AA/18G	Three	6
Individual Differences	PK1/3/AA/19G	Three	6
Impact of Forensic Psychology in Criminal investigations	PK1/3/AA/20G	Three	6
Developmental Psychology	PK3/3/AA/02G	Three	6
Practical Counselling and Helping Skills	PS1/3/AA/03G	Three	6

### Ungraded Units. Choose 15 credits from:

Unit Title	National Code	Level	CV
The Safe and Ethical Use of Generative Artificial Intelligence	CK5/3/AA/01U	Three	3
Use of Information and Communication Technology	CN1/3/AA/01U	Three	3
Academic Writing Skills	HC7/3/AA/01U	Three	3
Reading and Note Making	HC7/3/AA/02U	Three	3

Researching and Understanding Opportunities in Higher Education	HC7/3/AA/04U	Three	3
Information Literacy Skills	HC7/3/AA/06U	Three	3
Organisation and Evaluation of Study	HC7/3/AA/07U	Three	3
Reflective Practice	HC7/3/AA/16U	Three	3
Research Skills	HC7/3/AA/17U	Three	3
Presentation Skills	HC7/3/AA/18U	Three	3
Perspectives in Psychology	PK1/3/AA/02U	Three	3
Crime and Society	EE2/3/AA/04U	Three	6

### Inclusion and Exclusion rules of combination

<b>Barred Unit 1</b>	<b>ID1</b>	<b>CV</b>	<b>Barred Unit 2</b>	<b>ID2</b>	<b>CV</b>
Developmental Psychology	PK3/3/AA/02G	6	Child Development	PK3/3/AA/06G	3
Developmental Psychology	PK3/3/AA/02G	6	Child Development Early Socialisation	PK3/3/AA/07G	3