Graduate Diploma in Psychology

→ Learn foundational psychological theories and diverse perspectives from registered psychologists, academics, and thought leaders. Choose from a wide range of contemporary option courses and graduate with multiple study and employment pathways.

apac ∴ accredited.

Who this program is for

Our Graduate Diploma in Psychology is ideal for:

- **Professionals looking to pivot their careers** and commence the study pathway towards becoming a registered psychologist.

- **Psychology interested professionals** keen in applying psychology knowledge and skills to advance their career in areas such as organisational behaviour, human resources, market research, and more.

Duration:

2 years part time, averaging 5 courses per year. Expect 10-12 hours study per week, per course, with each term comprising of 10 weeks.

Completion of this program within 2 years (24 months) means you'll study an average of 5 courses over four teaching periods. If you choose to study part-time with a 50% study load, you'll complete this program in 2.5 years (30 months).

Price:

$3,720 per course, $37,200 in total.*
FEE-HELP and other financial support may be available.

* Plus a capped Student Services and Amenities Fee (SSAF) based on your credit point enrolment load.

Fees typically increase each year and may change without notice. Total fees are estimates and should only be used as a guide.

Prerequisites / level of study:

An Australian Bachelor degree or equivalent, or higher-level qualification, from a recognised tertiary institution. On completion of this APAC accredited degree, you are eligible to seek entry into Psychology Honours programs.

Enrolment:

Annual intakes: January, April, July, and October.

Important dates:

For all key academic dates and deadlines for students studying through RMIT Online, click here

RMIT Online

Why study Psychology?

According to the Australian Psychological Society, psychology is a science and profession dedicated to understanding how people think, behave, feel, and learn. Psychology is a rapidly growing profession, ideal for those looking to make an impact-driven career with highly transferable skills.

Our Graduate Diploma in Psychology will give you a comprehensive APAC accredited introduction to the theories and practices of psychology. You'll explore a variety of psychological perspectives including developmental, biological, cognitive, and social psychology, alongside counselling and research skills. You'll gain perspectives from practicing psychologists, academics, and industry thought leaders. Importantly, you'll have the flexibility to customise your study with a choice of two contemporary electives in health and wellbeing, motivation and work, or applied virtual care.

As part of this program, potential employment pathways you may be able to work in include social research, mental health, organisational behaviour, human resources, welfare resources, market research, and communications. Furthermore, students with an average grade of 75% are eligible for entrance into RMIT's on-campus Bachelor of Applied Science (Psychology) (Honours).

This program has been accredited by the Australian Psychology Accreditation Council (APAC). Visit the APAC website for more information.
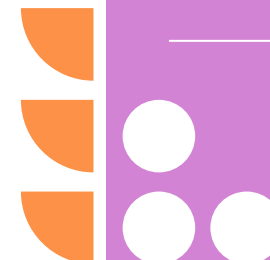
PROGRAM OUTCOMES:

- Demonstrate an advanced knowledge of the broad foundational theory in psychology and an ability to apply that knowledge in various real-world settings using a scientific approach.

- Communicate interpersonally in an effective, culturally appropriate and sensitive way through a broad range of mediums (written, electronic, graphic, oral) with individuals of diverse backgrounds and values.

- Critique theory and apply evidence-based knowledge to conceptualise and solve problems in a variety of contexts, independently and collaboratively.

- Reflexively implement the values and ethics of psychology through scientific enquiry that is tolerant and respectful of individuals and groups from diverse backgrounds and values.

- Generate and evaluate complex solutions in the autonomous pursuit of scholarly inquiry in psychology.

Rapid job growth for psychologists has resulted in a projected job growth of 11,000 additional roles required by 2023, with an emerging skills gap on the rise.

(DEPARTMENT OF JOBS AND SMALL BUSINESS AND DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2018-2019)

Consumer demand for psychological services is increasing faster than psychologists can be trained, with an expected 29% increase in consumer demand for such services between 2018 and 2031.

(DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2018-2019)

Why study with RMIT Online?

Flexible online learning

The freedom of learning online means you can study, whenever and wherever you want.

Real world skills

Our project-based assessments mean you'll roll up your sleeves and create projects for real a world business scenario, allowing you see the immediate impact of your learning within your organisation.

Full time support

Our expert team of support advisors along with academic tutors and course coordinators are the best at what they do and are here to support you every step of the way.

Industry connected

We combine the forces of a leading technology university with high profile industry partners to ensure you're job ready, learning practical skills that align with industry best practice.
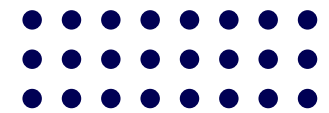
Propel your career

Online postgraduate programs receive the same qualification as on-campus – without putting your life on hold.

Future focused

With up to the minute content, RMIT Online courses are shaped by future of work needs, ensuring that you acquire the latest industry relevant skills for today's in-demand jobs.

The online learning experience:

Never feel like you're studying alone with our online learning student support, here to help you every step of the way. Troubleshoot any problems easily, from enrolment till your day of graduation. With a fully online learning experience, flexibly study around your work or life commitments with our personalised student experience tools, designed to keep you on track and set up for success.

Online facilitator

You'll study in a small cohort of around 35 students under the expert guidance of an Online Facilitator who has industry experience and academic qualifications in your field of study. This gives you opportunities to ask questions, get feedback, engage with peers, and connect to how things work in industry.

Student support

Our Student success team will be there to help you from the moment you join us, through onboarding webinars, phone calls, online resources, study coaching, and more. Rest assured that you'll get the support you need, when you need it.

Onboarding for success

You'll get access to an onboarding module that prepares you for online study journey. This onboarding module will have helpful study tips, academic skills, insights, and information about key tools and services available to you. By completing this module, you'll be set up for success in your studies.

Personal learning profile

All our students are encouraged to engage with our personal learning profile tool, which has been informed by the latest educational research. Understanding your personal learning profile will give you insights into your strengths and opportunities you have on your learning journey.

Active learning

Each course is designed using our best practice learning design approaches for active learning. Active learning, such as games, case studies, scenarios, and interactive content, benefits your study because you apply new knowledge, practice new skills, and are better prepared for your assessments. Students in active learning courses are shown to be more successful.

Progress insights

Each course provides you with a visual indicator to show your progress through the course. Seeing your progress helps you plan, manage, and navigate your study time and learning activities for your own study success.

Career Services

Enjoy invitations to our masterclasses and on the couches, as well as mentorship program career workshops and 1-1 career advice.

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Prerequisites

Entrance requirements

An Australian Bachelor degree or equivalent, or higher-level qualification, from a recognised tertiary institution.

On completion of this APAC accredited degree, you are eligible to seek entry into Psychology Honours programs.

English language

A minimum IELTS (Academic module) overall score of 6.5, with no band below 6.0; or equivalent.

International students are required to provide current evidence of English language proficiency for admission to RMIT University. You can provide your results from one of these three options:

- An accepted English language proficiency test, or

- An accepted English language provider, or

- A recognised Australian or international qualification.

For detailed information on English language requirements and other proficiency tests recognised by RMIT, visit the English language requirements and equivalency information.

Australian Student Visas

RMIT's Online Graduate Diploma in Psychology does not meet Australian student visa requirements. For an Australian student visa, you must have an on-campus place in a program of study. For more details on RMIT's on-campus programs visit rmit.edu.au.

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Our Graduate Diploma in Psychology will deep dive into the theories and practices of modern psychology over eight core courses. The two option courses can be tailored to your interests and career outcomes.

*Course names and codes have been changed to be distinct from undergraduate equivalents

**Part A are pre-reqs for Part B; Part B are pre-reqs for Part C; Part A are pre-reqs for Part D except Applied Telehealth & Virtual Care (no pre-req)

***The prerequisites for BESC1519 (Health and Wellbeing Psychology - RMIT University) are as follows:

– BESC1517 Fundamentals of Psychology 1 (Course ID 054218)

– BESC1518 Fundamentals of Psychology 2 (Course ID 054219)

PART A

Complete the following two (2) courses:

COURSE TITLE
Fundamentals of Psychology 1*
Fundamentals of Psychology 2*

PART B**

(AND) Complete the following three (3) courses:

COURSE TITLE
Developmental and Social Psychology
Cognitive and Biological Psychology
Exploring Research in Psychology*

PART C

(AND) Complete the following three (3) courses:

COURSE TITLE
Counselling and Professional Practices
Mental Health and Psychological Interventions*
Personality and Assessment in Psychology

PART D**

(AND) Select and complete two (2) of the following options:

COURSE TITLE
Psychology of Motivation and Work*
Health and Wellbeing Psychology***
Applied Telehealth and Virtual Care

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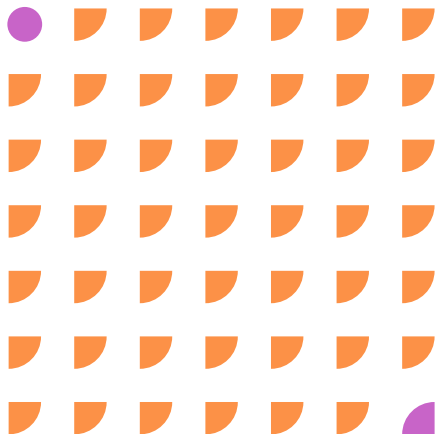# Fundamentals of Psychology 1

Course overview

This course is one of two introductory psychology courses providing foundational knowledge of the primary sub-disciplines of psychology. Topics covered include biological bases of behaviour; learning and memory; emotion and motivation, and developmental psychology. You'll also be introduced to research methods and their applications.

Learning outcomes

- Critically appraise academic literature in psychology and evaluate its significance regarding foundational psychology across cultures.
- Evaluate the major theories of biological bases of behaviour, learning, memory, motivation and emotion.
- Critically review key theoretical psychological perspectives on the stages of human development.
- Exemplify effective written communication skills, including knowledge of APA style.

Assessment examples

- Write an annotated bibliography
- Write a literature review
- Create a research poster

Fundamentals of Psychology 2

Course overview

This course is one of two introductory psychology courses providing an introduction and critical review of major theories of psychology including personality, psychopathology, social psychology, and cross-cultural psychology. You'll gain an introduction to scientific psychology, the theories of personality, perspectives and classification of psychological disorders, social influence and pro-social behaviour, and cultural differences applied to psychological theory and practice. As part of this course, you'll also be introduced to and apply the basic elements of research methods.

Learning outcomes

- Critically review major theories and key research in personality, social psychology, psychopathology and cross-cultural psychology.
- Conceptually map an understanding of psychopathology from multiple perspectives.
- Apply descriptive and inferential statistics to psychology as the scientific study of human behaviour in an applied context.
- Exemplify effective written communication skills, including knowledge of APA style.

Assessment examples

- Present a research multimedia presentation
- Complete a concept map of a psychological theory
- Submit a lab report

Developmental and Social Psychology

Course overview

This course introduces you to social behaviour and human development through the lifespan, including perceptual-motor, psychosocial and cognitive development. Historical issues, current perspectives, environmental factors and the major research designs used in developmental psychology will also be considered. The course emphasises development from infancy through to adolescence. Issues related to adulthood, old age, death and dying will then be considered.

You will critically examine social behaviour and explore the extensive applications of social psychological principles to real world problems including prejudice, safe sex behaviour, divorce, media violence and environmental problems. Theories and research findings are used to increase the understanding of settings and problems in the real world. You will apply both theoretical and practical methodological issues central to social psychological research. This course will illuminate the connection and dependencies between basic and applied research.

Learning outcomes

- Outline major developmental theories and discuss in relation to fundamental questions within the field of developmental psychology.
- Explain, to a non-professional audience, human development within each of the developmental domains at various stages of the lifespan and consider the role of cultural and context-related influences on development.
- Critically analyse psychological explanations for the occurrence of certain kinds of social behaviour.
- Critically apply social psychological principles to conceptualise socio-cultural issues in culturally diverse settings.
- Critically analyse theoretical and practical methodological issues central to developmental and social psychology research.

Assessment examples

- Create an infographic and explain the rationale of a developmental issue
- Produce a video presentation of a culture-related issue in social psychology
- Submit a social psychology case study report

Cognitive and Biological Psychology

Course overview

This course will introduce you to the theory, research and methods underlying modern cognitive psychology and biological psychology. The cognitive psychology aspect canvasses underlying cognitive processes (e.g., memory, attention, perception) as well as more complex, high-level procedures, such as problem solving, intelligence and decision making. You will evaluate the most important applications of cognitive psychological research and key underlying theories. The biological psychology aspect will involve the application of knowledge of the biological basis of behaviour across a range of topic areas including neurotransmission; sleep and biological rhythms; hormones and behaviour; behaviour and genetics; the biological basis of memory; psychopharmacology; and the biology of abnormal behaviour.
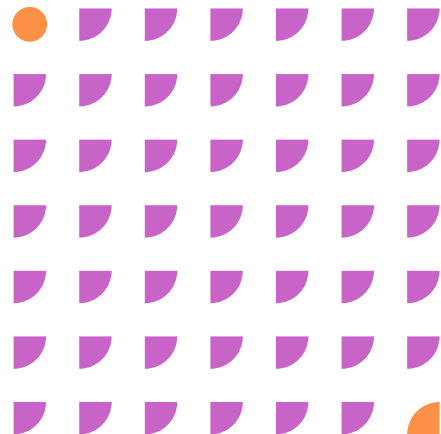
Learning outcomes

- Analyse the importance of cognitive psychology within the broader context of scientific psychology and other associated areas of study.
- Critically evaluate key applications of cognitive psychological research and key theories and research underlying the basic content areas of cognitive psychology.
- Identify and elaborate on key findings from neuroscience in case studies where important contributions to cognitive psychology have been made and reflect on expert responses to these studies.
- Reflect your knowledge of the biological basis of psychological behaviour across a range of topic areas and value systems.

Assessment examples

- Submit annotated neuroscience images
- Complete a professional opinion case study response
- Reflect on your case study response

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Exploring Research in Psychology

Course overview

This course will introduce you to the major methodological principles and data analysis techniques used in the scientific process of applied human research. You will review and analyse research designs and measurement techniques. You will apply a range of data analysis techniques across various commonly available data analysis packages.

Learning outcomes

- Design, review and critically analyse several psychology research analysis approaches and techniques used in applied human research.
- Critically appraise published research in psychology to analyse research designs and techniques.
- Design research questions and plans using appropriate data analysis techniques to produce valid, accurate insights which contribute to scholarly inquiry in psychology.
- Explain and apply a range of validated data analysis techniques to solve problems using commonly available platforms in psychology research.

Assessment examples

- Submit a research design report
- Complete a critical evaluation of psychological methodology
- Submit a applied data analysis and interpretation report

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Counselling and Professional Practices
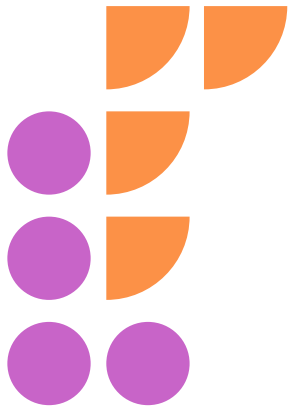
Course overview

This work integrated learning (WIL) course focuses on the professional practice of psychology in society and organisations by simulating current workplace practices, processes, and environments. You will investigate and critically analyse the different ways in which psychologists contribute to society and help you prepare for your graduation from the program, and entry into the workplace or clinical training. The course will use real world scenarios and apply industry processes and methods to support you in developing and reflect on evidence-based counselling practices. You will explore cross-cultural issues and the importance of intercultural diversity and indigenous contributions and how they inform approaches to counselling.
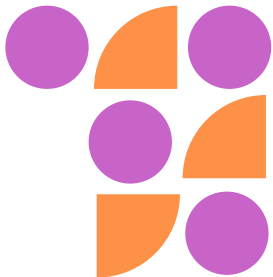
Learning outcomes

- Explain the organisation and regulation of psychology as a field in Australia, specifically regarding ethical practice and respect of indigenous values.
- Critically review the practice of psychology across a range of cultural contexts.
- Critically reflect on your application of a range of therapeutic techniques to establish and maintain effective communication with clients and co-workers in simulated professional settings.
- Use culturally appropriate verbal and non-verbal communication approaches in communicating with clients and co-workers in a simulated professional situation.
- Reflect on your use of evidence-based counselling approaches in simulated experiences.

Assessment examples

- Write a case review of ethical practice
- Conduct a counselling simulation of 1-1 practice
- Conduct and document an interview with an industry representative

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Mental Health and Psychological Interventions

Course overview

This course introduces the study of abnormal psychology. The concept of abnormality will be examined and issues related to the classification of psychological disorders will be explored. The descriptive taxonomy of the DSM-5 will be introduced and aetiological models and diagnosis of selected child, adolescent and adult disorders will be examined. Disorders may include anxiety disorders, mood disorders, and schizophrenia. A variety of contrasting theoretical models underlying psychological intervention will be examined to facilitate understanding of approaches and techniques of psychological intervention used by psychologists.

Learning outcomes

- Critically evaluate concepts of normality, abnormality, and mental illness and justify the methodologies used to study, diagnose, and treat these psychopathologies.
- Evaluate contrasting psychotherapeutic models and practical elements of the psychotherapeutic interaction within specific cultural contexts.
- Analyse limitations and advantages of psychology diagnostic and classification systems used in Australia and internationally through scholarly inquiry.
- Critically review the aetiology and assessment of selected child, adolescent, and adult psychological disorders.

Assessment examples

- Complete two diagnostic case study reports
- Submit a lab report

Personality and Assessment in Psychology

Course overview

In this course you will evaluate and apply different theoretical models of individual differences, and evaluate a range of assessment procedures, ethical issues, and professional issues related to psychological assessment. You will learn to apply the scientist-practitioner model to psychological research to: evaluate your own perspectives on individual differences in terms of established concepts; consider the implications of these concepts for your own development; select and evaluate assessment instruments by applying knowledge of psychometric theory; and demonstrate an understanding of a range of ethical and professional issues related to psychological assessment. The course also considers key historical and philosophical influences underlying psychology, as well as more recent trends in thinking.

Learning outcomes

- Explain the historical context of modern psychology and apply these to the main ethical issues and dilemmas that face modern researchers and practitioners of psychology.
- Conceptualise, conduct and communicate research findings using the guiding principles of scientist-practitioner model to psychological research, with a focus on evidence-based research.
- Critically evaluate the major theories of individual difference in psychology and evaluate their suitability for use in psychological research contexts.
- Evaluate the suitability of assessment procedures in psychology, and critically analyse the ethical and professional issues related to the assessment of individuals from various cultural groups.

Assessment examples

- Create an infographic and submit a written rationale
- Complete a literature review
- Submit a lab report

Option course:

Psychology of Motivation and Work

Course overview

The questions of what drives us and how to motivate peak performance among individuals, groups and organisations have become critical in contemporary work, education and sporting contexts. In this course, you will apply theories and research into human motivation, examining topics that include drives and instincts, volitional behaviour, self-control, self-regulation and the interactions between motivation, emotion, learning and behaviour change.

You will devise and evaluate empirically supported strategies for goal-setting and achievement, drawing from cognitive-behavioural, positive psychology and other evidence-based models, and applied to topics in psychological wellbeing, health, education and business. You will develop your knowledge of organisational psychology, motivation and professional issues.

Organisational psychology explores the theories and concepts of how organisations operate effectively. You will investigate and analyse the ways in which individuals and groups function in organisations and the impact of the organisational environment, including the dynamics of working in a multicultural society.

Learning outcomes

- Analyse and compare the applicability of psychological theories to various organisational settings.
- Critically assess the contributions and limitations of various theories of human motivation.
- Apply motivational theory to understand human behaviour and performance across a range of mental health, health, education, and workplace contexts and topics.
- Apply empirical evidence related to organisational function to real-world organisational problems.

Assessment examples

- Complete a case study
- Submit a report motivational theory in relation to organisational issues
- Film and present an organisational change plan

Option course:

Health and Wellbeing Psychology

Course overview

In this course, you'll critically evaluate the theory and application of health psychology, a field aiming to reduce harmful health behaviours including poor dietary habits, smoking, physical inactivity, as well as alcohol and other drug abuse. Risk factors associated with a variety of chronic health conditions will also be examined such as obesity, heart disease, diabetes, stroke, cancer and chronic pain, and appropriate evidence-based interventions for individuals and populations at risk of developing them.

Learning outcomes

- Appraise behaviour patterns in patients experiencing illness and hospitalisation and identify appropriate interventions.
- Critically evaluate the empirical literature relating to major models of health protective behaviour as they relate to clinical populations.
- Select appropriate psychological techniques for intervention in a variety of specific adult health related psychological problems and discuss sources of stress associated with acute and chronic illnesses.
- Reflect on and synthesise practical experiences gained in health care agencies with the psychological theory pertinent to illness behaviour.

Assessment examples

- Submit a health psychology case study report
- Submit a case study reflection
- Submit a patient treatment plan

Option course:

Applied Telehealth and Virtual Care

Course overview

Health services are being and will increasingly be delivered differently in digital societies, including through different channels. Telehealth and virtual care capabilities have existed for quite some time, but their usage has exploded during the COVID-19 pandemic and is unlikely to retreat. Applied Telehealth and Virtual Care contextualises and analyses features of telehealth and virtual care models. You will analyse the nature and scope of contemporary telehealth and virtual care and explore emerging developments in the field. You will appraise recent innovations through a series of case studies and examine the implications for patient, consumer and citizen engagement, health outcomes and health service delivery.

Topics include investigation of issues associated with the use of telehealth and virtual care including human connection, privacy and security, ethics and governance. You will be able to draw from their professional experience (in areas such as mental health, chronic disease management, and professions such as medicine, nursing, allied and complementary health) to complete the learning activities and assessment tasks.

Learning outcomes

- Analyse the evidence for the efficacy of telehealth and virtual care including telephones, internet, AI, wearables and biosensors in your chosen healthcare setting.
- Apply knowledge of safety and quality, risk and information governance to design or analyse telehealth and virtual care applications.
- Recommend effective uses of telehealth and virtual care to enhance and integrate clinical care and patient and consumer experiences.
- Critically evaluate successful adoption of telehealth and virtual care service channels to determine the factors associated with positive patient outcomes.

Assessments

- Record a 5 minute vodcast and write a rationale outlining the spectrum of telehealth and virtual care use, reflecting on policy and case studies
- Design a telehealth patient experience plan around an implementation of telehealth or virtual care
- Write a virtual care implementation report to address clinical governance issues

Why study online?

Being 100% online, get 24/7 on demand access to the course content, ensuring you don't have to reduce your work or compromise your lifestyle.

Become industry connected as you learn from renowned academics with extensive industry experience. Our courses are designed with industry partners to ensure what you learn is up to date and aligns with best practice.

Get hands on through structured activities and build out your project portfolio to demonstrate your knowledge and practical skills.

Get personalised support that keeps you motivated on the road to success. Your support team includes the Student Success advisors who'll give you one-on-one assistance, an Online Facilitator, and a Course Coordinator.

Graduate with a globally recognised degree

RMIT Online

Who's supporting you

Just because it's online, doesn't mean you're on your own. RMIT Online's support network includes 1:1 feedback from our industry mentors, real-world insights, and study support from our student success team. Our industry partners have helped shaped and build this course to ensure the content is up to date and best practice. By studying with RMIT Online, you can be sure you will be levelling up your skills and qualifications through work-connected, relevant learning.

Student success team, RMIT Online

Our student success team are here to help you with 1:1 coaching, tips on how to successfully study online, and any questions or concerns you may have.

Dr. Amantha Imber, Inventium

Amantha is an industry thought leader on this program, contributing her perspectives via video Psychology of Motivation and Work course. Dr Amantha Imber is an organisational psychologist and founder of behavioural science consultancy Inventium. Amantha is also the co-creator of the Australian Financial Review's Most Innovative Companies list and the AFR BOSS Best Places to Work list. Amantha has helped companies such as Google, Apple, Disney, LEGO, Atlassian, Commonwealth Bank and many others innovate more successfully and reinvent the way they approach their work.

Dr. Yang Yap, Program Manager

Dr Yang Yap's research focuses on understanding the interactions between daily psychological experiences and health behaviours, particularly in daily stress, sleep, and psychosocial factors in young adults. He uses intensive longitudinal designs, ecological momentary assessments, and objective indicators of health to track participants over a period of time. Yang is particularly interested in understanding the bi-directional associations between stress and sleep, as well as the health and well-being experiences of tertiary international students.

Professor Jane Burns

Jane is an industry thought leader on this program, contributing her perspectives via video within courses. Jane has over two decades of experience in mental health and suicide prevention and has a strong passion for digital health solutions and the profit for purpose sector. Jane is a respected industry and government advisor. Her passion topics include workplace wellbeing and mental health, youth mental health, living with disability, digital health solutions, suicide prevention and digital resilience, women in leadership and vision, values and workplace culture.

How to get started

Enrolment in our graduate diploma is easy. Get in touch with one of our Student Enrolment Advisors today and we can get the wheels moving.

STEP 1 ## Chat to a Student Enrolment Advisor

Our Student Enrolment Advisor have all the information you will need to choose the best course for you. They can even coach you through the enrolment process over the phone. You can call our Student Enrolment Advisor during business hours on 1300 145 032. They'll be able to help with any questions regarding the application process, RMIT course fees, and how online study works.

STEP 2 ## Send us your documents

All you have to do is fill out and submit the relevant course application forms. Your RMIT Course Consultant can guide you through this process. It doesn't take more than a few minutes.

STEP 3 ## Wait to hear from us!

If there are any extra steps necessary, your Student Enrolment Advisor will let you know. Once you're enrolled, you'll also be able to access your course details via our Student Portal. For more information, visit **online.rmit.edu.au**

*Further information: Every effort has been made to ensure the information contained in this publication is accurate and current at the date of publishing. For the most up-to-date information, please refer to the RMIT Online website before lodging your application.

RMIT Online