

## **The Metanoia Institute**

### **Summary of 2026–27 to 2029–30 Access and Participation Plan**

#### **What is an access and participation plan?**

An access and participation plan (APP) sets out how higher education providers will improve equality of opportunity in access to, success in, and progression from higher education for underrepresented groups, as defined by the Office for Students (OfS).

#### **Where to find the full plan**

You can see the full access and participation plan for The Metanoia Institute on the Institute's website or by request from the Academic Registry.

#### **Key points**

Metanoia Institute is a specialist provider of counselling and psychotherapy education. Our APP focuses on five key risks to equality of opportunity: perceptions of higher education, insufficient academic support, insufficient personal support, mental health challenges, and cost pressures.

We prioritise students from the most socioeconomically disadvantaged areas (IMD Quintile 1), students from non-white backgrounds, disabled students including those with mental health conditions, and male students where outcome gaps exist.

Our four intervention strategies address access, curriculum and careers, mental health, and financial pressures.

#### **Fees we charge**

The Metanoia Institute charges tuition fees in line with the regulated maximum for approved providers. Full details of current fees are published annually and are available in the full Access and Participation Plan.

#### **Financial help available**

Metanoia offers targeted financial support including the Metanoia Scholarship, a Cost of Living Fund, and access to lower-cost therapy and supervision through alumni-supported schemes. These measures are designed to reduce financial barriers and support continuation and success for students experiencing economic hardship.

#### **Information for students**

Students are provided with clear, accessible information about academic requirements, support services, mental health provision, and financial assistance throughout the student lifecycle. This includes student-friendly policies, explainer videos, and tailored communications for underrepresented groups.

## **What we are aiming to achieve**

By 2029–30, Metanoia aims to:

- Increase access for students from IMD Quintile 1 areas, non-white backgrounds, and disabled students.
- Reduce attainment gaps for non-white students.
- Reduce completion gaps for male students and disabled students.
- Improve progression into sustainable employment and professional practice.

All targets are aligned with national benchmarks and are monitored annually.

## **What we are doing to address key risks to equality of opportunity**

We are delivering four integrated intervention strategies:

1. Inclusive Access through Outreach and Alternative Entry Pathways – partnerships, scholarships, contextual admissions, and accessible application processes.
2. Inclusive Curriculum and Careers Support – inclusive assessment, academic scaffolding, extended careers support, and a Student Investment Fund.
3. Mental Health-Positive Onboarding and Support – safe disclosure, trauma-informed practice, peer support, and inclusive learning spaces.
4. Financial Support and Cost-of-Living Resilience – targeted funds, reduced-cost professional requirements, and transparent financial guidance.

## **How students can get involved**

Students are actively involved through consultation, paid co-production of learning resources, student collectives, feedback mechanisms, and representation in evaluation activities. Student voice is central to the design and refinement of APP interventions.

## **Evaluation – how we will measure what we have achieved**

We use a structured evaluation framework aligned with OfS standards of evidence. This includes quantitative monitoring of access, continuation, attainment, and progression data, alongside qualitative feedback from students and staff. Findings are reviewed annually and published where appropriate.

## **Contact details for further information**

For further information about the Access and Participation Plan, please contact [governance@metanoia.ac.uk](mailto:governance@metanoia.ac.uk)