

# WEA Course Information Sheet 2017-18



<b>Course title:</b> An Introduction To Mindfulness		<b>Course ID:</b> C3742547
<b>Start date:</b> 19/04/2018	<b>End date:</b> 19/04/2018	<b>Day(s)/time(s):</b> Thu 10:00
<b>Number of sessions:</b> 1	<b>Hours per session:</b> 3	<b>Tutor:</b> Angela Muscio
<b>Additional hours:</b>	<b>Specific funder/partner requirements:</b> Working in partnership with East Surrey College	
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 1
<b>Fee:</b> £.00 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded)		
<b>Accreditation Fee (if applicable):</b>		
<b>Venue:</b> St Marks Church, St Marks Road, Great Tattenhams, Epsom Downs, Surrey, KT18 5RD		
<b>Theme(s):</b> The WEA has four themes it uses for planning its provision. <b>Employability</b> – helping students to get a job or to make progress in their employment <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing <b>Community Engagement</b> – encouraging students to be positively involved in their communities <b>Culture</b> – learning about diverse cultures, identities and environments		
The Theme(s) used in planning your course is/ are:		
<ol style="list-style-type: none"> <li><b>Health and Wellbeing</b></li> <li></li> </ol>		

<b>Course Aim</b> Overview of what Mindfulness means Benefits of Mindfulness practice Brief introduction to the seven dimensions of mindfulness which would be covered in detail on the 8 week course
<b>Course Description</b> This is a three hour session providing an Introduction to Mindfulness and its benefits and how it may be used by individuals.
<b>Do I need any particular skills or experience?</b> - No skills or experience needed
<b>What will I achieve?</b> <b>By the end of the course I will be able to:</b> 1. Describe what Mindfulness is 2. Explain benefits of Mindfulness 3. Practice 2 Mindful exercises
<b>What teaching methods will be used and will there be work outside of the class?</b>

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning

### **What kind of feedback can I expect from the tutor?**

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion

### **What else do I need to know? Is there anything I need to bring?**

- Notepad and pen

### **Pre-course work, reading and information sources**

- No pre reading or pre course work is required

### **Possible next steps after this course including career opportunities if appropriate**

- Progress to another WEA course
- Progress to a course with another provider

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB  
Tel: 0300 303 3464 Email: [courseenquiries@wea.org.uk](mailto:courseenquiries@wea.org.uk)

