

**WEA Course information sheet
2019-20**

Course title: BBO Money Sorted in D2N2: Building Confidence 1-Building Self Esteem		Course ID: C2342377
Start date: 08/11/2019	End date: 08/11/2019	Day(s)/time(s): Fri 10:00
Number of sessions: 1	Hours per session: 2	Tutor: Lorna Poole
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements: Session is only for participants engaged on the BBO project called Money Sorted in D2N2 as funds are paid for by Lottery Community Fund and ESF. If you interested in joining the project, please go to http://moneysortedind2n2.org/ to find out more.		
Awarding body (if any): Title of qualification to be gained:		Level: Entry 1
Fee: £.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: WEA East Midlands Regional Office, 39 Mapperley Road, Nottingham, Nottinghamshire, NG3 5AQ		
Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments The Theme(s) used in planning your course is/ are: 1. Community Engagement 2. Health and Wellbeing		

Course Aim To build students' confidence through reflecting on personal positives, as well as identifying the barriers that may be holding them back, challenging negative thoughts and looking into the relationship between stress levels and confidence.
Course Description Students will increase their confidence through recognising positive personal qualities, acknowledging barriers to confidence and how these might be overcome and discussing positive thinking and stress management strategies.
Do I need any particular skills or experience?
What will I achieve? By the end of the course I will be able to: 1. Identify at least 1 positive personal quality 2. Identify at least 1 internal barrier to confidence 3. Identify at least 1 way to challenge negative thoughts

4. Identify at least 1 way to combat feeling stressed

What teaching methods will be used and will there be work outside of the class?

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- 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
- You may be asked to undertake additional work in your own time to support 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
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning

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

- Nothing else is needed
- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you
- It would be helpful for students to bring a notebook and pen to the session.

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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

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 our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/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



Education & Skills
Funding Agency



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