

WEA Course information sheet 2019-20

Course title: Online Taster: Essential Oils for Health		Course ID: C3530883
Start date: 28/11/2019	End date: 28/11/2019	Day(s)/time(s): Thu 18:00
Number of sessions: 1	Hours per session: 1.5	Tutor: Carol Miller
Additional hours:	Online Learning Hours: 1	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £5.50 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
<p>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</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Health and Wellbeing 2.</p>		

Course Aim

A beginners taster session for those who are interested in knowing what essential oils are and how to use them. This is for those who would like to enter into the world of Essential Oils and understand how to use these powerful gifts from the earth.

Course Description

Join Aromatherapist, Carol Miller for a fun filled session of essential oil education and learn about using pure therapeutic grade essential oils for your health, for your family and in your home.

In this taster session, you will discover what an essential oil is and why purity is important. You'll learn the different ways to apply and use them safely and how they can support your physical, emotional and mental wellbeing, as well as providing low-toxic solutions for your home. To start with we look at just 3 oils and explore their different uses and share which you are most likely to use yourself; you will need a notebook.

Be prepared to be amazed and ready to ask questions; the final part of this taster course will be a Q&A Session. With over 40 years experience using Essential Oils I am really excited to share my experience with you. It's a great way to learn and discover the powerful benefits of Essential Oils and sharing your experiences with like minded people

Do I need any particular skills or experience?

What will I achieve?

By the end of the course I will be able to:

1. Know what an essential oil is and the different ways to apply them
2. understand how to apply them safely
3. discover the many uses of three most popular oils
4. appreciate the difference between pure grade oils and blended oils

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?

- 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
- You will be encouraged to consider other students work and give your opinions and suggestions

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

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- You will also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer (at home or through a library etc.).
- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- If you already have any essential oils already then you can bring them to the session

Pre-course work, reading and information sources

- A downloadable ebook will be provided for you for you to use as a reference.

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course

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



European Union
European Social Fund

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