

- 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 will learn the forms and exercises by following the tutor and, with practice, be encouraged to try them out yourself. You will also be encouraged to try them out at home.

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor
- The tutor will offer encouragements and indicate areas of correction where needed. The tutor will also give out handouts from time to time appropriate to what is being learnt.

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

- Loose comfortable clothing that does not restrict movement. Flat soft comfortable footwear, not just socks. You may wish to bring a drink.

Pre-course work, reading and information sources

- No pre reading or pre course work is required
- Videos and books are not necessary, but can be purchased through the tutor if the student thinks it may be of benefit.

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course
- Progress to a course with another provider
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- Continued practice will help maintain levels of fitness and many health benefits.

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

