

# WEA Course Information Sheet 2017-18



<b>Course title:</b> Confidence Programme 047		<b>Course ID:</b> C3125651
<b>Start date:</b> 13/09/2017	<b>End date:</b> 29/11/2017	<b>Day(s)/time(s):</b> Wed 09:30
<b>Number of sessions:</b> 10	<b>Hours per session:</b> 4.5	<b>Tutor:</b> Alliyah Dawud
<b>Additional hours:</b>	<b>Specific funder/partner requirements:</b> This course is for ladies only as requested by the partner organisation YMCA.	
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 1
<b>Fee:</b> £168.75 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded) <b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> YMCA (Harding Road), Edinburgh House, Harding Road, Stoke-On-Trent, Staffordshire, ST1 3AE		
<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:		
1. <b>Employability</b> 2. <b>Health and Wellbeing</b>		

## Course Aim

The Confidence Programme aims to equip learners with the foundations in confidence, self awareness and teamwork skills allowing them to progress onto further education or employment opportunities.

## Course Description

This course looks into why we suffer from lack of confidence and self awareness issues. After pinpointing learners causes we then go on to understand how we can build our confidence and self awareness to get more out of life. We look at self-esteem, what influences it and how we can build our own self-esteem up.

## Do I need any particular skills or experience?

- No skills or experience needed
- This course is for beginners
- This course is suitable for beginners and improvers

## What will I achieve?

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

1. Understand what causes the feeling of lack of confidence
2. Understand methods of managing stress

3. Be able to effectively set own goals and plan to develop them
4. Be able to identify what factors influence their self-esteem
5. How they can manage their time better

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

- 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
- You will have opportunities to discuss your progress with your tutor
- A file of work will be kept which will help to record your progress

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

- Learners are required to provide an A4 folder, plastic wallets and writing materials for this course. The folder will be used to build the learners Portfolio which will be submitted as evidence as part of the qualification.

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

- No pre reading or pre course work is required
- A reading list of suitable materials based on learners own needs will be provided should it be required during the duration of the course.

### **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

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)

