

# WEA Course Information Sheet 2017-18



<b>Course title:</b> Mindfulness		<b>Course ID:</b> C3672245
<b>Start date:</b> 08/01/2018	<b>End date:</b> 05/02/2018	<b>Day(s)/time(s):</b> Mon 18:00
<b>Number of sessions:</b> 5	<b>Hours per session:</b> 2	<b>Tutor:</b> Juliana Gilmartin
<b>Additional hours:</b>	<b>Specific funder/partner requirements:</b>	
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 1
<b>Fee:</b> £35.00 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> Café Crème, Penistone, 9 High Street, Penistone, Barnsley, South Yorkshire, S36 6BR		
<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: <b>1. Health and Wellbeing</b> <b>2. Community Engagement</b>		

## Course Aim

The course aims to encourage individual's to be more aware of the present moment rather than dwell on the past tense. It will focus on positive activities to help uplift ones mood and attitude towards life.

## Course Description

This course is for anyone who has an interest in learning how to become more mindful in your every day life. It will show you how to count your blessing and be grateful for the small things which will contribute to one's happiness.

## Do I need any particular skills or experience?

- No skills or experience needed
- This course is for beginners

## What will I achieve?

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

1. To gain an understanding of what mindfulness is
2. How to ground yourself and not be distracted by others
3. How to count your blessings and be grateful for what we have rather than what we don't
4. Replace negative thoughts with positive
5. Focus on deep breathing to help relax the mind and body

### **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
- You may be asked to undertake additional work in your own time to support your learning
- You will be expected to carry out a range of activities in your own time

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

- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)

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

- No pre reading is required but research on the subject on the internet or in the library may be helpful

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

- Progress to another WEA 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 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)

