

**WEA Course information sheet**  
**2019-20**



**Adult Learning**  
**Within Reach**

<b>Course title:</b> Understanding anxiety		<b>Course ID:</b> C3744987
<b>Start date:</b> 05/11/2019	<b>End date:</b> 26/11/2019	<b>Day(s)/time(s):</b> Tue 13:00
<b>Number of sessions:</b> 4	<b>Hours per session:</b> 2.5	<b>Tutor:</b> Angela Muscio
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b> Working in partnership with East Surrey college delivering community education		
<b>Awarding body (if any):</b>		<b>Level:</b> Level 1
<b>Title of qualification to be gained:</b>		
<b>Fee:</b> £.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> The Old Moat Garden Centre, Horton Lane, Epsom, Surrey, KT19 8PQ		
<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>Health and Wellbeing</b> 2.		

**Course Aim**  
 Explore how the effects of stress and anxiety affects our physical and emotional health  
 Determine how a change in mind-set and behaviours may result in developing coping strategies and new techniques to increase feelings of relaxation and

**Course Description**  
 In this course for Managing Anxiety we will look at what happens to the body when we become anxious and what some of the associated symptoms are. We will then go on to explore what strategies and coping mechanisms we can employ to help manage our emotions

**Do I need any particular skills or experience?**

**What will I achieve?**  
**By the end of the course I will be able to:**  
 1. Explain what anxiety is  
 2. Describe the physical symptoms of anxiety  
 3. Practice one technique to help manage anxiety

**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?**

- 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

**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

**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](mailto:courseenquiries@wea.org.uk)



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