

# WEA Course information sheet

## 2019-20



**Adult Learning  
Within Reach**

<b>Course title:</b> BBO Money Sorted in D2N2: Building Confidence 2-Dealing with Other People		<b>Course ID:</b> C2342384
<b>Start date:</b> 13/11/2019	<b>End date:</b> 13/11/2019	<b>Day(s)/time(s):</b> Wed 13:00
<b>Number of sessions:</b> 1	<b>Hours per session:</b> 2	<b>Tutor</b> Lee Blackman
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b> Session is only for participants engaged on the BBO project called Money Sorted in D2N2 as funds are paid for by Lottery Community Fund and ESF. If you interested in joining the project, please go to <a href="http://moneysortedind2n2.org/">http://moneysortedind2n2.org/</a> to find out more.		
<b>Awarding body (if any):</b>		<b>Level:</b> Entry 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> WEA, The Mill, Lodge Lane, Derby, Derbyshire, DE1 3HB		
<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>Community Engagement</b>	2. <b>Health and Wellbeing</b>	

<p><b>Course Aim</b></p> <p>Students will look at ways to cope with negative interactions with others, including assertiveness techniques and emotional management techniques.</p>
<p><b>Course Description</b></p> <p>This course will allow students to develop ways to deal with negative interactions with others, including being assertive and managing their emotional responses.</p>
<p><b>Do I need any particular skills or experience?</b></p>
<p><b>What will I achieve?</b></p> <p><b>By the end of the course I will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Define the term 'Setting Boundaries'</li> <li>2. Describe at least 1 way to be assertive.</li> <li>3. Define empathy.</li> <li>4. Describe at least 1 way to manage emotional responses when interacting with others</li> </ol>

### **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

### **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?**

- Nothing else is needed
- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you

### **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
- 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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

### **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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