

Course title: Mind at Work		Course ID: C3127433
Start date: 13/01/2020	End date: 31/03/2020	Day(s)/time(s): Mon 10:00, Tue 10:00
Number of sessions: 22	Hours per session: 3	Tutor: Jayne Evans
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 1
Title of qualification to be gained:		
Fee: £257.40 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: The Old School Building, The Old School, 73 Dudley Road, Wolverhampton, West Midlands, WV2 3BY		
<p>Theme(s): The WEA has four themes it uses for planning its provision.</p> <p>Employability – helping students to get a job or to make progress in their employment</p> <p>Health and Wellbeing – making a positive contribution to their own or others health and wellbeing</p> <p>Community Engagement – encouraging students to be positively involved in their communities</p> <p>Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Health and Wellbeing 2. Employability</p>		

Course Aim

This course looks at topics such as self-esteem, self-motivation and self-confidence and is also a refresher course for people who have been out of work.

Course Description

This course focuses on building your confidence so that you can start setting yourself future goals. You will be encouraged to take part in group discussions aimed at recognising your potential and developing your overall confidence. You will also explore ways of promoting relaxation and wellbeing such as physical and mental exercises, recognise the causes of stress and how to manage them and the role of nutrition in a healthy lifestyle.

Do I need any particular skills or experience?

What will I achieve?

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

1. Practice 1-3 methods that reduce your individual stress response(s)
2. Recognise how good nutrition can support a healthy lifestyle
3. Take part in small group discussions on topics chosen by students.
4. Plan, prepare and deliver a short presentation on a topic of your choice.

5. Answer interview style questions with a fellow classmate (mock interview).

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
- There will be a number of tasks appropriate to your course such as written work, creating art or craft, video, photography or small projects. Some of these may be marked to help you 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.)
- You may wish to bring a blanket/large bath towel/travel rug to keep yourself warm during Monday's relaxation sessions and wear appropriate loose fitting comfortable clothes (layers, so you can add/remove as necessary). Bring a bottle/flask of water to stay hydrated.

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>
- Please also see your mentor for additional opportunities

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



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