

**WEA Course information sheet
2019-20**



**Adult Learning
Within Reach**

Course title: Psychology for Beginners		Course ID: C2343573
Start date: 22/06/2020	End date: 27/07/2020	Day(s)/time(s): Mon 04:30
Number of sessions: 6	Hours per session: 2	Tutor Jill Arnold
Additional hours: 1	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £.00 or Free if you are in receipt of an income related benefit (only SFA funded)		
Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
<p>Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Culture Education 2.</p>		

<p>Course Aim</p> <p>The psychology of what makes people 'tick' can be very confusing! This beginners' class will help you make sense of yourself and other people as we explore the wider social issues of growing up managing the roles and relationships of everyday life.</p>
<p>Course Description</p> <p>In this beginners' course, we will discuss some key ideas from recent psychology to help us make sense of what it is to be a person - including the way we think, feel and behave and how we can challenge 'folk' psychology (or what your granny told you) and 'explanations' that often contradict our experiences and understanding of ourselves and others. By reflecting on our experiences, we can also explore how wider social issues impact on who and what we are (and our well-being) both individually and collectively and how to deal with the everyday challenges that face us today. Understanding the basic processes of psychology offers ways to become more confident about yourself, how to better manage change and much much, more - so join us for an informal and interesting course that could change your life!</p>
<p>Do I need any particular skills or experience?</p> <p>- You will need your own personal email address so that you're able to login to the WEA's digital</p>

learning platform: WEA Canvas. You will need to be able to understand how to follow URL links to pages on the internet. If you want to understand more about Canvas please visit:

<http://bit.ly/WEAonline>

- You will need to be able to follow links to join our WEA live video learning platform: WEA Zoom. If you'd like to understand more about our video learning platform, Zoom please visit:

<http://bit.ly/WEAonline> and <http://bit.ly/ZoomSpec>

- This course is for a group of around 15 students studying in a live video-learning platform conference and an online digital learning environment platform from the comfort of your own home.

- No skills or experience needed

- This course is suitable for beginners and improvers

What will I achieve?

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

1. • Identify key ideas from psychology that can help us to understand how we think, feel and behave the way we do and have a clearer understanding of how confusions occur
2. • Explain how basic psychological processes work in our lives (roles, relationships, growing up/older etc)
3. • Use the new knowledge to explore wider social issues and how these affect people personally and socially and impact on everyday life
4. • Discuss how to be confident about managing everyday situations for better well-being

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

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit:

<http://bit.ly/WEAonline>

- 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

- The tutor will be able to advise/suggest reading for those interested and will supply notes for each session as a record and for raising any questions etc. you might have.

What kind of feedback can I expect from the tutor?

- You will be able to keep a record of your progress and achievement using photos, audio, text or documents uploaded into the WEA's digital learning platform, WEA Canvas.

- 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

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

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please

visit: <http://bit.ly/ZoomSpec>

- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit:

<http://bit.ly/WEAonline>

- Nothing else is needed

Pre-course work, reading and information sources

- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>

- 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

- 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



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