

# WEA Course information sheet 2019-20



<b>Course title:</b> Building Resilience		<b>Course ID:</b> C3677987
<b>Start date:</b> 10/07/2020	<b>End date:</b> 31/07/2020	<b>Day(s)/time(s):</b> Fri 14:00
<b>Number of sessions:</b> 4	<b>Hours per session:</b> 2	<b>Tutor:</b> Elizabeth Hempshall
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<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> £.00 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded) <b>Accreditation Fee (if applicable):</b>		
<b>Venue:</b> Online Learning, Online, ZZ99 9ZZ		
<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. <b>Employability</b>		

## Course Aim

To better understand how to identify, improve and utilise internal and external resources to build our personal resilience and ability to bounce back from challenges positively.  
To develop achievable action plan to improve personal resilience.

## Course Description

This friendly and supportive course will explore the following topics:

- What is meant by resilience
- The benefits of being resilient
- Positive and negative thinking/ Being optimistic
- Bouncing back from tough times in our lives
- Problem solving, making good choices, learning from our mistakes
- Self-care/ Looking after ourselves
- Connecting with others who can support us to build resilience
- Developing an action plan to improve our resilience

## Do I need any particular skills or experience?

- You will need your own personal email address so that you're able to login to the WEA's digital

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>

- No skills or experience needed

### **What will I achieve?**

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

1. Demonstrate an understanding of what resilience means
2. Identify the benefits of being resilient
3. Explain how to solve problems and make positive choices
4. Identify strategies for self-care / looking after yourself
5. Create a specific and achievable action plan for improving personal resilience

### **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
- You may be asked to undertake additional work in your own time to support your learning
- You will take part in a range of different activities with your tutor and the other students in your class

### **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

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

- Nothing else is needed
- All materials will be provided

### **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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- You can read about your entitlements and responsibilities as a WEA student in our 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 first course you accept a learning agreement.

## 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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