



Expect challenging ideas and friendly discussion.

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

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

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

1. outline different medical and psychological perspectives on mental health
2. appreciate some of the strengths and limitations of these different perspectives
3. reflect on ways that different psychological perspectives have influenced my own thinking and others behaviour in relation to human nature.

4. 4.

feel more prepared take part in action for positive change regarding perceptions of mental health and abnormality in the wider community.

5. become more confident accessing and selecting sources of information online and using digital technologies such as Zoom and Canvas.

#### **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>
- Most of your learning will take place in your class, but one or two sessions will be online using WEA's digital learning platform, Canvas, working by yourself or engaging with other students. 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
- Live face to face sessions using Zoom will include a presentation of key ideas and plenty of opportunity to discuss these. There will also be about 2 hours of activities to complete between sessions.

#### **What kind of feedback can I expect from the tutor?**

- Your tutor will provide written, text and audio feedback recorded in WEA Canvas, WEA's digital learning platform.
  - 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
  - There is no formal assessment for this course however students will have opportunities to assess their understanding through discussions self-assessment exercises.
- The tutor will also provide group and individual support by e-mail.  
A certificate of attendance can be provided on request.

#### **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 also need access to the internet outside of your sessions. You could do this using a smart phone, tablet, laptop or a desktop computer (at home or through a library etc.).
- 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>

- It would help to have a little knowledge about common Psychological Disorders such as depression, bipolar, anxiety disorders, schizophrenia etc.

The sister course - Understanding Psychological Disorders provides an excellent introduction.

### **Pre-course work, reading and information sources**

- No pre reading is required but research on the subject on the internet or in the library may be helpful
- There is no essential reading but lots of sources of further information will be provided including web-site and books. A copy of all presentation materials used will also be made available to students on Canvas. Information will be available on Canvas before the first live session.

### **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
- You could progress to Higher Education courses. Follow link to the PEARL website for information <http://pearl.open.ac.uk/>
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
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### **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 most 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)



Education & Skills  
Funding Agency



European Union  
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