

WEA Course information sheet 2020-21



Course title: Level 1 Award in Mental Health Awareness		Course ID: C3844777
Start date: 03/08/2020	End date: 06/08/2020	Day(s)/time(s): Mon 10:00, Tue 10:00, Wed 10:00, Thu 10:00
Number of sessions: 7	Hours per session: 2	Tutor Janet Hadfield
Additional hours: 0	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): NCFE Title of qualification to be gained: Award in Mental Health Awareness		Level: Level 1
Fee: £44.80 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable): £26.00		
Venue: Online Learning, Online Learning, ZZ99 9ZZ		
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 The Theme(s) used in planning your course is/ are: 1. Health and Wellbeing 2.		

Course Aim <ul style="list-style-type: none">• Raise awareness of the issues surrounding mental health difficulties.• Dispel some of the myths and misconceptions linked to mental health issues.• Develop your knowledge of the rights of those with mental health issues.
Course Description <p>This course is part of our 'Route Way to Wellbeing' pathway of awards. On this course you will learn what is meant by the term 'mental health' and consider the definition and causes of mental health difficulties. You will also explore common perceptions of mental health difficulties and how stereotyping can affect people's perceptions. You will develop your knowledge of the rights of those who experience mental health difficulties and learn where appropriate support can be sought. You will also develop your awareness of cultural diversity within mental health issues</p>
Do I need any particular skills or experience?
What will I achieve? <p>By the end of the course I will be able to:</p> 1. Give a definition of mental health. 2. Identify the social and personal effects of mental ill-health.

3. List some of the responses to mental health issues.
4. Explain how cultural diversity impacts on mental health issues.

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

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.
- Your tutor will provide written, text and audio feedback recorded in WEA Canvas, WEA's digital learning platform.
- You will be able to keep a digital portfolio of your work on WEA's digital learning platform, 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
- 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
- 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
- The Level 1 Award in Mental Health Awareness is internally assessed using a Candidate Workbook covering all the learning outcomes of the qualification

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

- 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>
- You will need to bring a pen

Pre-course work, reading and information sources

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Progress to a course with another provider
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>
- 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>
- Learners who achieve this qualification could progress to:

- Level 1 Award in Substance Misuse Awareness
- Level 2 Award in Substance Misuse
- Level 2 Award in Helping Skills
- Level 2 Certificate in Mental Health Awareness

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



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Funding Agency



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