

WEA Course information sheet

2020-21



Course title: Poetry and Wellbeing - Online with Safiya Kinshasa		Course ID: C3531779
Start date: 12/01/2021	End date: 16/02/2021	Day(s)/time(s): Tue 17:00
Number of sessions: 6	Hours per session: 1.5	Tutor Safiya Kinshasa
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Level 1
Title of qualification to be gained:		
Fee: £28.80 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		
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. Culture Education		
Course Aim		
To engage with a variety of poetry and techniques to explore how poetry can be used as an effective tool to support wellbeing and mental health. The course will also help develop a reflective writing practice and lead to new work.		
Course Description		
This course is fully online accessing the course through Canvas our virtual learning environment and zoom a video conferencing software. You will need, reliable internet connection and internet-linked device with camera and microphone. We will be email you links to canvas, please accept these to access the course, the sender will show as "instructure". Poetry is a powerful form of creative writing which has many therapeutic benefits such as alleviating anxiety and boosting self-esteem. This course has been designed to help you access and practice a variety of writing techniques focusing on reflection to support your wellbeing. You will be reading and listening to a wide-range of poets from former US poet Laureate Tracy. K. Smith to London's Young Poet Laureate Theresa Lola who also used poetry to discuss mental health. The course aims to be a supportive and encouraging environment to motivate insightful new work.		
Do I need any particular skills or experience?		

What will I achieve?

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

1. Understand creative writing techniques
2. recall memories and record data.
3. Understand the use of description, genre, location and characterisation.
4. compare different texts

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 be expected to carry out a range of activities in your own time

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.
- 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

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>
- Bring pen and paper to jot down notes and/ or tools you use to write journals with.

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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- Course 'Developing your poetic voice online' will help you to build on the skills you have learned and develop your writing.

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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