

Course title: Art Journaling for Calm Creativity		Course ID: C2526331
Start date: 25/01/2021	End date: 22/03/2021	Day(s)/time(s): Mon 18:30
Number of sessions: 8	Hours per session: 2	Tutor Jo Liddle
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £51.20 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.	

Course Aim

Learn to make or personalise an existing book for art journaling and learn various art techniques to create interesting pages, relevant to the subject.

Course Description

In this course you will learn to make, or personalise an existing book to use for art journaling. You will learn a variety of exciting techniques to apply to your pages to make them look interesting and relevant to the subject matter. You will be encouraged to use your journal to express ideas and thoughts in a creative and supportive atmosphere. This popular pastime is an easy way to connect with your inner creativity without pressure.

Do I need any particular skills or experience?

What will I achieve?

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

1. Make or adapt an existing book to use for journaling
2. Personalise my book to reflect my interests
3. Select from and use a variety of techniques to make my pages more interesting
4. Use various creative techniques to record my thoughts and ideas on a chosen subject
5. Use my art journal to engender feelings of calm and mindfulness

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 will need to collect images to use in your journal.

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.
- 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

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>
- You will need some basic art&craft materials:
To make a book:
 - paper (cartridge) fine card (cereal box card is good) needle/thread awlOR an old book to re-purpose
OR an existing sketchbook
 - craft knife/cutting board or scissors
 - glue pencil ruler
 - art materials - wet and dry

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
- 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 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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