

WEA Course information sheet 2020-21



Course title: Growing in Confidence 2		Course ID: C3678736
Start date: 12/01/2021	End date: 23/03/2021	Day(s)/time(s): Tue 09:15
Number of sessions: 10	Hours per session: 2	Tutor Caroline Cleghorn
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any):		Level: Entry 3
Title of qualification to be gained:		
Fee: £64.00 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		
<p>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</p> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> Health and Wellbeing 		

<p>Course Aim</p> <p>To fully understand what confidence looks and feels like and how this can help us to have the ability to motivate one self and make meaningful changes and developments in our own lives.</p>
<p>Course Description</p> <p>A positive and supportive course which will explore what confidence looks and feels like and how it can improve our wellbeing. The use of practical activities and group and paired discussions will make the course fun and interactive. Looking at how confidence can build resilience and how sharing experiences and developing techniques of how to cope with stress and anxieties can help to motivate ourselves to get the most out of our lives socially and professionally!</p>
<p>Do I need any particular skills or experience?</p> <ul style="list-style-type: none"> - 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 - You will need to be able to follow links to join our WEA live video learning platform: WEA Zoom. If you'd like to understand more about our video learning platform, Zoom please visit: http://bit.ly/WEAonline and http://bit.ly/ZoomSpec - This course is for a group of around 15 students studying in a live video-learning platform conference and an online digital learning environment platform from the comfort of your own home.

- This is a live lecture delivered by a subject specialist in an online webinar video learning platform. You will need to be able to access the internet on a device with speakers or earphones. There will be opportunities to take part in discussions and chats. If you'd like to know how to use Zoom please visit: <http://bit.ly/ZoomSpec>
- No skills or experience needed
- This course is for beginners
- This course is for improvers
- This course is suitable for beginners and improvers
- Everyone is welcome!

What will I achieve?

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

1. Recognise stress that occurs in my life and how I can manage this to ensure it does not affect my confidence
2. Recognise techniques of how to handle stress to ensure it does not define me and to enable me to build resilience to negative aspects of my life
3. Recognise how certain activities can help me to stay confident
4. Learn relaxation techniques to enable me to reflect on situations to prevent them knocking my confidence
5. To recognise the need to have people in my life to share my feelings with and opportunities to talk or write down my feelings to help me to express myself and release negative feelings

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

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
- A file of work will be kept which will help to record your progress
- 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 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>
- All materials will be provided
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)

Pre-course work, reading and information sources

- Pre-course reading is required: resources will be made available to you using the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>

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

- Progress to another WEA course
- 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>

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



