

WEA Course information sheet 2020-21



Adult Learning
Within Reach

Course title: Bridges to Learning Managing stress using relaxation		Course ID: C2526405
Start date: 04/03/2021	End date: 04/03/2021	Day(s)/time(s): Thu 10:00
Number of sessions: 1	Hours per session: 3	Tutor Margaret Mordue
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £.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		
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. Employability 2.		

Course Aim
Feeling stressed can leave us feeling exhausted so we need to understand how stress can harm the body and learn how to control it, this workshop looks at techniques we can use to recognise and release stress in the mind and the body.

Course Description
If feeling stressed is part of your everyday life it may lead to health problems. Understanding what stress is and how it affects the body and learning how to release it is paramount to our well-being. By recognising and relieving stress using stress releasing techniques whilst remaining seated and practising mindfulness we can let go of the constant overwhelming feeling of being stressed and absolutely enhance our health.

Do I need any particular skills or experience?
- 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.
- No skills or experience needed
- This course is suitable for beginners and improvers

What will I achieve?

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

1. Recognise and release stress and tension in the mind and body.
2. Understand how stress affects the physical and mental body.
3. Perform stress releasing movements whilst remaining seated.
4. Relax and use relaxation techniques, mindfulness and meditation to create a peaceful mindset.

What teaching methods will be used and will there be work outside of the class?

- 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 have opportunities to discuss your progress with your tutor

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>
- Nothing else is needed
- Please use a comfortable and supportive chair to perform the seated movements.

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

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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