

# WEA Course information sheet 2020-21



**Adult Learning  
Within Reach**

<b>Course title:</b> Building Confidence: The Psychology and Practise		<b>Course ID:</b> C2344324
<b>Start date:</b> 28/01/2021	<b>End date:</b> 25/03/2021	<b>Day(s)/time(s):</b> Thu 16:45
<b>Number of sessions:</b> 8	<b>Hours per session:</b> 2	<b>Tutor:</b> Jill Arnold
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 2
<b>Fee:</b> £51.20 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded) <b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> Online Learning, Online, ZZ99 9ZZ		
<b>Theme(s):</b> The WEA has four themes it uses for planning its provision. <b>Employability</b> – helping students to get a job or to make progress in their employment <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing <b>Community Engagement</b> – encouraging students to be positively involved in their communities <b>Culture</b> – learning about diverse cultures, identities and environments  The Theme(s) used in planning your course is/ are:  1. <b>Health and Wellbeing</b> 2.		

## **Course Aim**

Drawing on ideas from recent psychology, this course aims to develop your confidence by learning about yourself and others and practical ways to handle everyday life situations; building on your skills to make changes and discover new perspectives!

## **Course Description**

Whatever your circumstances, this course will help you to build confidence in everyday life activities and to explore effective ways to make changes in your chosen direction. We will use insights from recent psychology to explore practical ways to 'manage' tricky conversations and difficult situations and, by improving communications skills, gain a better understanding of how and why things can go wrong. In particular, this course aims to develop students' existing life-skills to deal better with the impact of emotional experiences and interactions that can often make us feel uncomfortable and lower our self-esteem. So, join us to understand and overcome some of the psychological and social barriers that can get in the way of having a confident sense of self and well-being. As you learn about the psychology of being OK and confident, and we have explored how to make practical plans for positive change, you will discover new perspectives and attitudes to life!

**Do I need any particular skills or experience?**

### **What will I achieve?**

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

1. Explain how it is that some social situations are difficult to cope with and what the psychology is for dealing with them confidently.
2. Explain how good communication works and identify ways to improve your everyday interactions with people.
3. Explore how self-knowledge and more confident social skills in the roles you play in your everyday life, can improve your self-esteem and attitudes to life
4. Discover that you know more about what you want to change, will know how to make successful plans and manage the effects of changes in your life.
5. Use the right you have to be OK, feel more in control of situations and to use your sense of agency to express your opinion and take action with confidence.

### **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.
- 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

### **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>
- All materials will be provided

### **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
- Progress to a course with another provider
- 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](mailto:courseenquiries@wea.org.uk)



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