

WEA Course information sheet 2020-21



**Adult Learning
Within Reach**

Course title: Exploring Psychology: Topics for Everyday Life		Course ID: C2344326
Start date: 01/02/2021	End date: 22/03/2021	Day(s)/time(s): Mon 16:45
Number of sessions: 7	Hours per session: 2	Tutor Jill Arnold
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 2
Fee: £44.80 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		
<p>Theme(s): The WEA has four themes it uses for planning its provision.</p> <p>Employability – helping students to get a job or to make progress in their employment</p> <p>Health and Wellbeing – making a positive contribution to their own or others health and wellbeing</p> <p>Community Engagement – encouraging students to be positively involved in their communities</p> <p>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"> 1. Culture Education 2. 		

Course Aim

Have you ever wondered what makes people 'tick' or how it is that people think or behave the way they do? Then join this class to explore a range of interesting topics in psychology, that will enlighten you and explain many aspects of everyday life

Course Description

This course aims to offer an interesting exploration of ideas from psychology, that will explain how immediate and wider psycho-social issues impact on who and what we are (and our well-being) both individually and collectively. Topics have been selected to cover a good range of issues and how our differences occur, how we develop a sense of self (and agency), grow up, behave badly or well, and more - but we can include some of your own choosing too. The basic processes of psychology involved will be explained and illustrated and we will discuss how they can be applied for a better understanding of our daily lives than 'folk' psychology! In our discussions, we will also explore positives ways that psychology can help with our personal and community interactions. Join us for an informal and interesting course that could change your 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. Identify ideas from psychology that can help us to understand how children grow up and the process of change throughout life.
2. Explore how our sense of self and identity, in all its variations and difference, is performed through the roles we play and relationships we have.
3. Investigate how psycho-social issues, attitudes, prejudice and values can affect and have impact on people's everyday life.
4. Discuss how psychology helps explain everyday and pathological differences in the way people think, feel and behave the way they do.
5. Explain how mind and body interact and how mental health can improve by understanding how everyday social norms and understandings affect our well-being.

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>
- Nothing else is needed
- 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
- 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



Education & Skills
Funding Agency



European Union
European Social Fund

The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association, 4 Luke Street, London, EC2A 4XW