

WEA Course information sheet 2020-21



Adult Learning Within Reach

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| Course title: Exploring Mindfulness - With Melanie Lewis | | Course ID: C3532072 |
| Start date: 03/03/2021 | End date: 07/04/2021 | Day(s)/time(s): Wed 15:00 |
| Number of sessions: 6 | Hours per session: 1.5 | Tutor: Melanie Lewis |
| Additional hours: | Online Learning Hours: 0 | |
| Specific funder/partner requirements: | | |
| Awarding body (if any): | | Level: Level 1 |
| Title of qualification to be gained: | | |
| Fee: £28.80 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 | | |
| 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. | | |

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| Course Aim A 6 week course of Mindfulness practices suitable for beginners and/or those with a little meditation experience. |
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| Course Description An opportunity to develop some Mindfulness practices that you may have already been introduced to and/or explore some new themes. The practices/meditations will be a little longer than those in an introductory course and we will explore and work in more depth with some of the key practices such as working with the breath, the senses as well as other themes. |
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| Do I need any particular skills or experience? |
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| What will I achieve? By the end of the course I will be able to: 1. Experience some more lengthy Mindfulness practices than I have done during an Introductory course. 2. Deepen my experience of some specific Mindfulness Practices 3. Have the potential to discover/understand how I can moderate my response to stressors in life. |
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| What teaching methods will be used and will there be work outside of the class? |
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- 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
- Whilst there is no official 'homework', it is highly likely that students would benefit from engaging in the practices at home in between sessions.

What kind of feedback can I expect from the tutor?

- 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

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 to have a quiet space for the duration of the teaching session. Make sure you are warm - you may want to have a blanket in case you get cold. If you like to take notes then have a notepad and pen to hand.

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)

- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>
- Potential to move to another Mindfulness Based course via WEA

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

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