

WEA Course information sheet 2020-21



Course title: Mindfulness and Meditation		Course ID: C3679019
Start date: 13/04/2021	End date: 25/05/2021	Day(s)/time(s): Tue 13:00
Number of sessions: 7	Hours per session: 2.5	Tutor Chris Summers
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: St Georges Community Centre, Wakefield, Broadway, Lupset, WAKEFIELD, West Yorkshire, WF2 8AA		
<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 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> <p>1. Health and Wellbeing 2.</p>		

Course Aim
 To provide students with the skills & knowledge of a range of mindfulness & meditation techniques from a variety of cultural sources. To encourage learners to apply these techniques in their daily lives, for the improvement of health & well-being.

Course Description
 This course is suitable for beginners and is aimed at persons experiencing mental health challenges as well as those interested in expanding their existing knowledge and experience of the subject.
 We will cover a range of mindfulness and meditation methods, relaxation and visualisation techniques and models from a range of international and cultural sources. Breathing methods, visualisation, guided positive affirmations and various other approaches will be incorporated into the course experience.

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 a range of meditation techniques and models, and have a basic understanding of their origins, uses and practice.

2. List at least two personal benefits by experiencing, practising and using some meditation techniques and models.
3. Participate more confidently in group learning, sharing and relaxation activities.
4. Utilise some meditation techniques and models into daily practice for the improvement of general health and 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
- 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.
- 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

What else do I need to know? Is there anything I need to bring?

- 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

- 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
- 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

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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