

WEA Course information sheet

2020-21



Course title: Positive Psychology for Happiness and Wellbeing - Taster (2)		Course ID: C3679102
Start date: 19/01/2021	End date: 19/01/2021	Day(s)/time(s): Tue 19:15
Number of sessions: 1	Hours per session: 2	Tutor Rakesh Aggarwal
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		
<p>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</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Health and Wellbeing 2. Culture Education</p>		

Course Aim

People often pursue something in the belief it will bring happiness, only to feel hollow and disappointed when they finally get it. This is a highly practical course into why this is and how we can increase our happiness.

Course Description

People often pursue something in the belief it will bring happiness, only to feel disappointed when they finally get it. The problem with many of the ways we try to be happy is that, although they bring some happiness, the happiness gained tends to be far less than expected. Also, that happiness does not last. Why is it that everyday tasks have become easier due to increased technology but, for many, life seems to hold less happiness? Why is it that the more we become independent from each other, the unhappier we become as a society? Why is that the more wealth and material goods we have around us, the more hollow many people's existence becomes? Psychology is the scientific study of the human mind and its functions, especially those affecting behaviour. Positive psychology is the scientific study of what makes life most worth living. In this highly practical course we look at the insights positive psychology and other approaches can offer into how we can increase our happiness.

Do I need any particular skills or experience?

What will I achieve?

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

1. An insight into positive psychology
2. Learn methods which could improve personal happiness
3. Learn why some ways commonly pursued to improve happiness do not work

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?

- There will be limited opportunities for questions in class

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>
- Nothing else is needed

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)

- Progress to another WEA course

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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