

WEA Course information sheet 2020-21



**Adult Learning
Within Reach**

Course title: Level 1 Award in Stress Awareness		Course ID: C3845531
Start date: 07/06/2021	End date: 08/07/2021	Day(s)/time(s): Mon 17:00, Thu 17:00
Number of sessions: 10	Hours per session: 2.5	Tutor Saima Zeb
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): NCFE Title of qualification to be gained: Award in Stress Awareness		Level: Level 1
Fee: £80.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable): £26.00		
Venue: Online Learning, Online Learning, 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> <ol style="list-style-type: none"> Health and Wellbeing 		

Course Aim

This course aims to improve your understanding of stress and stress management.

Course Description

This is an accredited course. You will need to talk to a member of staff and do a short activity to make sure the course is right for you. For more information and to book an appointment please call 0300 303 3464

On this course you will learn about the causes of stress and the effects stress can have on health. You will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress.

Do I need any particular skills or experience?

What will I achieve?

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

1. Give a definition of stress
2. Identify the effects of stress
3. State possible causes of stress

4. List how to recognise stress
5. List ways to prevent and reduce the effects of stress

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.
- Your tutor will provide written, text and audio feedback recorded in WEA Canvas, WEA's digital learning platform.
- 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
- 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
- There will be a number of tasks appropriate to your course such as written work, creating art or craft, video, photography or small projects. Some of these may be marked to help you progress
- The Level 1 Award in Stress Awareness is internally assessed using a Candidate Workbook covering all the learning outcomes of the qualification.

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

- 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>

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
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>
- 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>

- L1 Award in Alcohol Awareness, Sexual Health Awareness, Awareness of Substance Misuse, Mental Health Awareness. L1 Award or Certificate in Introduction to Health, Social Care and Children and Skills, Certificate in Young People's Settings. L2 Award in Helping Counselling Skills

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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Funding Agency



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