

# WEA Course information sheet 2020-21



**Adult Learning  
Within Reach**

<b>Course title:</b> Unison: Confidence Building (Power to be You) Online		<b>Course ID:</b> C3679106
<b>Start date:</b> 22/03/2021	<b>End date:</b> 23/03/2021	<b>Day(s)/time(s):</b> Mon 10:00, Tue 10:00
<b>Number of sessions:</b> 2	<b>Hours per session:</b> 3	<b>Tutor</b> Shirley Allen-Jackson
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b> For Unison members only – Unison in Leeds will be recruiting to this course.		
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Level 1
<b>Fee:</b> £.00 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded) <b>Accreditation Fee</b> (if applicable):		
<b>Venue:</b> Online Learning, Online, ZZ99 9ZZ		
<b>Theme(s):</b> The WEA has four themes it uses for planning its provision. <b>Employability</b> – helping students to get a job or to make progress in their employment <b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing <b>Community Engagement</b> – encouraging students to be positively involved in their communities <b>Culture</b> – learning about diverse cultures, identities and environments  The Theme(s) used in planning your course is/ are: 1. <b>Employability</b> 2.		

<b>Course Aim</b> This workshop aims to build student’s confidence and self-esteem and make them aware of further education and development opportunities.
<b>Course Description</b> The workshop will give students the chance to explore and practise techniques to build confidence and to speak in public in a supportive environment. Students will also learn about further educational and development opportunities and explore their own personal goals.
<b>Do I need any particular skills or experience?</b> - No skills or experience needed - This course is open to Unison members only
<b>What will I achieve?</b> <b>By the end of the course I will be able to:</b> 1. Demonstrate an improvement in self-esteem 2. Address own confidence and assertiveness issues through ideas and tips 3. Demonstrate techniques to speak with confidence

4. Discuss a range of education and development opportunities
5. Plan own next steps

**What teaching methods will be used and will there be work outside of the class?**

- 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?**

- 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

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

- All materials will be provided

**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
- 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 as a volunteer for a WEA partner or another organisation

**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](mailto:courseenquiries@wea.org.uk)



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