WEA Course information sheet 2020-21



Level: I evel 1

Course title: Nurturing our Wellbeing (East Surrey)		Course ID: C3746344
Start date: 22/02/2021	End date: 29/03/2021	Day(s)/time(s): Mon 10:30
Number of sessions: 5	Hours per session: 2	Tutor Angela Muscio
Additional hours:	Online Learning Hours: 0	•

Specific funder/partner requirements: This course is for residents living in East Surrey who are registered with the Richmond Fellowship, mental health charity.

Awarding body (if any):

Title of qualification to be gained:

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

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.

Course Aim

During this four week course we will look at the steps which can be taken to enrich our personal wellbeing and enrich our lives

Course Description

During this four week course we will look at the steps which can be taken to enrich our personal wellbeing and enrich our lives

Do I need any particular skills or experience?

What will I achieve?

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

- 1. Define Emotional Intelligence
- 2. Describe three steps which can be taken to enrich our wellbeing
- 3. Recognise what can destroy or damage or 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

What kind of feedback can I expect from the 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?

- 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







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4 Luke Street, London, EC2A 4XW