

# WEA Course information sheet 2020-21



Adult Learning  
Within Reach

<b>Course title:</b> Ways to Well Being		<b>Course ID:</b> C3532145
<b>Start date:</b> 26/01/2021	<b>End date:</b> 23/03/2021	<b>Day(s)/time(s):</b> Tue 11:00
<b>Number of sessions:</b> 9	<b>Hours per session:</b> 1.5	<b>Tutor</b> Angela Morray-Jones
<b>Additional hours:</b>	<b>Online Learning Hours:</b> 0	
<b>Specific funder/partner requirements:</b>		
<b>Awarding body (if any):</b> <b>Title of qualification to be gained:</b>		<b>Level:</b> Entry 2
<b>Fee:</b> £43.20 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		
<p><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</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. <b>Health and Wellbeing</b>    2.</p>		

<p><b>Course Aim</b> The course will enable learners to explore and engage in a range of activities to enhance their sense of well being using, for example, singing, music, exercise, relaxation techniques, art and other activities</p>
<p><b>Course Description</b> The course will enable learners to explore and engage in a range of activities to enhance their sense of well being using, for example, singing, music, exercise, relaxation techniques, art and other activities. Students will be able to:</p> <ul style="list-style-type: none"> <li>* Sing songs from their favourite musicals</li> <li>* Engage in relaxation exercises to music</li> <li>* Engage in painting to music</li> <li>* Learn about the importance of exercise</li> <li>* Learn about healthy eating, cooking and shopping for healthy food</li> <li>* Learn about being kind to yourself and communicating with others</li> </ul> <p>This course is a fully online with no physical meeting space, accessing the course through Canvas our virtual learning environment and zoom a video conferencing software.</p>

## **Do I need any particular skills or experience?**

### **What will I achieve?**

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

1. Begin to identify a variety of ways in which you can enhance your sense of well being.
2. Have developed some of the digital skills needed to learn using Zoom
3. Begin to communicate with others using Zoom.

### **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
- 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

### **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>
- It would be helpful if you had access to paints or colouring pencils/ felt tip pens and a small drawing pads. (Not essential).

### **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
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

### **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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