

# Adult Learning - Course Information Sheet



## AZY2NA09 - Family Resilience - Online

**Virtual Classroom - Google Classroom**  
classroom.google.com

Start Date: 20 September 2022  
End Date: 18 October 2022  
Start Time: 7:00PM  
End Time: 9:00PM  
Day: Tuesday  
Sessions: 5  
Tutor: Mr Jonathan Sheldon

ZZ99 9ZZ      **Room**

### Course aim

Find out about resilience and look at ways to strengthen your family's resilience to cope with life's challenges.

### Course Outcomes

Understand the meaning of resilience.  
Explain how self-esteem and self-confidence help to build resilience.  
Identify family strategies to build resilience.  
Gain new skills, knowledge and confidence in a positive learning environment.

### How will the course be taught?

The course will be taught with lots of practical elements including group, pair and individual work.

If this is an online course, please check the email confirmation for the link to join your Google Classroom. This information is also on 'My Account' when you are logged in to the Adult Learning website.? Find 'How to use Google Classroom' at <https://getgoing.nccadulthoodlearning.ac.uk/it-tips/google-classroom>

### What do I need to bring / have ready?

You may wish to bring your own pen and notepad and a folder for handouts is useful.

If this is an online course, a laptop, PC or tablet and a stable internet connection will be needed.

### Health and Safety / Online Safety

Your tutor will give you information about Health and Safety at the session. For information on how to keep safe online, go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**