

# Adult Learning - Course Information Sheet



## SZZ4BA22 - Psychology - Dealing With Stressors

### Virtual Classroom - Zoom

<https://zoom.us/>

Start Date: 06 February 2025

End Date: 06 February 2025

Start Time: 7:00PM

End Time: 8:30PM

Day: Thursday

Sessions: 1

Tutor: Mrs Virginia Antunes

ZZ99 9ZZ Room Virtual Classroom - Zoom

### Course aim

In this course we will explore types of stressors that we meet in everyday life, learning how to identify them, recognise their impact in diverse areas of our lives and how to enhance our skills to better cope with stressors, big and small!

### Course outcomes

- a) Recognise how to identify stressors in everyday life
- b) Identify two main types of stressors
- c) Identify main areas of impact of stress
- d) Identify at least three key strategies to better cope with stressors

### How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address. To take part in the course learners will need either: a computer or laptop, phone or tablet connected to the internet and able to view a live video stream.

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

Pen and paper

### 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 01536 535809 (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.

### Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first 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.

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/>

