

# Adult Learning - Course Information Sheet



## UZZ3WA05 - Reflective Journaling

### Virtual Classroom - Zoom

<https://zoom.us/>

ZZ99 9ZZ

Room Online - Zoom

Start Date: 13 July 2022

End Date: 13 July 2022

Start Time: 10:00AM

End Time: 11:30AM

Day: Wednesday

Sessions: 1

Tutor: Mrs Honorata Chorazy-F

### Learn2b

Learn2b specialises in supporting people's recovery from mental health difficulties through learning and education. Learn2b is not therapy and the courses can run alongside any other form of help, support, education or training learners may be receiving. Learners are at the heart of every session; we recognise that some days we can feel unmotivated or low, and we accept that is okay. By attending our courses, people soon learn that they are not on their own; they will discover that other people experience similar things to themselves and find some common ground, often leading to a peer to peer support network. If you are new to Learn2b you will be contacted by our Learner Support Advisor to have a brief conversation with you prior to enrolling on to the course. Email [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) if you would like some help accessing Zoom.

### Course aim

Use reflective journaling when working with prompts, quotes and words to create a safe space for self exploration. Techniques used in this workshop can help to increase self-acceptance, and lead to better emotional resilience.

### Course outcomes

- Use written words creatively to reflect on positive aspects of your life
- Create a written journal entry based on self-affirmations and prompts

### How will the course be taught?

A variety of teaching methods will be used which may include group discussion, worksheets, practical activities etc., relevant to the course subject. Handouts may be emailed to you after the session to support your learning.

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

From your resources, you will need to have pen and paper.

To join the live session you will need to access the internet via either a laptop/pc/ipad/tablet, with your webcam and microphone switched on. The session is very interactive so please bring some headphones if you have them, to maintain confidentiality.

### 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.

### 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/>**

