

XOA8XR12 - Family Resilience - Future Courses

Course Description

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

Course Outcomes

- To understand the meaning of resilience. (SLlr/E3.1 - Listen for and follow the gist of explanations, instructions and narratives in different contexts)
- To identify family strategies to build resilience. (SLd/E3.1- Follow and understand the main points of discussions on different topics)
- To explain how self-esteem and self-confidence help to build resilience. (SLd/E3.2- Make contributions to discussions that are relevant to the subject)
- To 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, paired and individual work.

Could I gain a certificate?

You will gain an Adult Learning Service certificate for attending the course. If you are working towards a recognised qualification and you are successful then you will gain a certificate from the relevant awarding organisation.

What do I need to bring?

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

Health and Safety/ Online Safety

Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further Support or Progression

Please let us know if you require additional personal support to participate in this course. Family Learning offers a wide range of courses to support learning within your family. Your tutor will give you more information and advice on further learning and progression will be available during the course. <https://www3.northamptonshire.gov.uk/councilservices/children-families-education/adult-learning/community-learning/Pages/learn2b.aspx> - Learn2b offer free courses to support mental health.

Further Information

At the end of the course you will receive an email with useful web links.

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/>