



## **Course details**

### **Course title**

Confidence to Learn

### **Course code**

Q00017853

### **Course date**

Start: 09/01/25

End: 15/05/25

### **Number of classes**

16 sessions

### **Timetable**

Thu 9th Jan, 15:00 to 15:30  
Thu 16th Jan, 15:00 to 15:30  
Thu 23rd Jan, 15:00 to 15:30  
Thu 30th Jan, 15:00 to 15:30  
Thu 6th Feb, 15:00 to 15:30  
Thu 13th Feb, 15:00 to 15:30  
Thu 27th Feb, 15:00 to 15:30  
Thu 6th Mar, 15:00 to 15:30  
Thu 13th Mar, 15:00 to 15:30  
Thu 20th Mar, 15:00 to 15:30  
Thu 27th Mar, 15:00 to 15:30  
Thu 3rd Apr, 15:00 to 15:30  
Thu 24th Apr, 15:00 to 15:30  
Thu 1st May, 15:00 to 15:30  
Thu 8th May, 15:00 to 15:30  
Thu 15th May, 15:00 to 15:30

### **Tutor**

Bimbola Olawanle

## **Fee range**

Free to £29.60

## **How you'll learn**

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## **Venue**

Online

## **Level of study**

Beginners

## **Course overview**

Build your confidence in learning with our Confidence to Learn course. Learn techniques for overcoming learning challenges and developing a positive mindset. Ideal for individuals looking to improve their self-confidence and academic performance.

## **Course description**

Confidence to Learn is designed to help individuals develop the confidence and skills needed to succeed in learning. This course covers techniques for overcoming learning challenges, managing anxiety, and developing a positive mindset towards learning. Participants will learn strategies for setting achievable goals, staying motivated, and building resilience in the face of difficulties. The course includes interactive activities, group discussions, and practical exercises that encourage self-reflection and personal growth. By the end of the course, participants will have developed greater self-confidence and the skills needed to succeed in their academic and personal learning goals. This course is ideal for individuals looking to improve their self-confidence and achieve their full potential in learning.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** *<https://www.wea.org.uk/courses/skills-life/confidence/9-january-confidence-learn>*