

**DATES:**

V1010

14, 21 & 28  
September 2009

V1011

1, 8 & 22  
February 2010

**Bookings close 1 month before the course starts**

**Venue:**

**PHEW Centre**  
52 Bartholomew Street,  
Exeter EX4 3AJ

**Times:**

10am to 12:45pm

**Cost:**

**£40.00**  
**£20.00 (concession)**

**Lead Teacher:**

**Georgina Couch**

**Course Level:**

1

Entry

Level = Pre-GCSE

Level 1 = GCSE D to G

Level 2 = GCSE A to C

Level 3 = A Level  
Standard

# Return to Learning

Returning to Learning and education can be a daunting experience and a challenge for some people.

This course is designed to arrange for a relaxed return to education exploring the different styles of teaching, learning needs of learners, how it differs from the old style of teaching when learners were at school.

Class size is deliberately kept low and full support will be given during the sessions to enable all learners to have the space and time to explore and identify what they want to achieve from returning to education and have fun.

During the course we will:

- Identify subjects or topics you would like to study;
- Identify ways to approach studying;
- Explore ways to manage your time;
- Practice anxiety management techniques;
- Identify places to attend learning;
- Identify Learning Support Needs;
- Identify your learning style;
- Explore your strengths and weaknesses

This short course lasts eight hours over three days and has been specially designed to ensure that the process is as easy as possible and covers lots of areas that can cause anxiety during studying. We look at ways to reduce the anxiety & help your return to education to be as easy as possible. During the course, we will:

**All sessions are delivered in a relaxed atmosphere, interactive, fun and ideal for anyone considering returning to education.**

You are welcome to bring a supporter to the session if it will help you

**For further information about any of our Learning and Development opportunities, please do not hesitate to contact us.**