

# Course Information Sheet

Wellbeing through the Lens



**DE01E52B**

<b>Venue</b> 📍 Southway Library	<b>Start Date</b>	18 Oct 2024 13:00
	<b>End Date</b>	15 Nov 2024 15:00
	<b>Fee</b>	£0
	<b>Materials</b>	£0

[OCSW DE01E52B Wellbeing through the Lens \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Discover the power of photography for mindfulness and well-being in our 4-week Wellbeing through the Lens course. Learn techniques, explore your surroundings, and capture moments that promote relaxation and self-awareness.

## Course Description:

Feeling overwhelmed by daily stress? Our Wellbeing through the Lens course offers a unique and calming approach to improving your well-being. This 4-week course guides you on a photographic journey of self-discovery. Learn basic photography techniques while exploring mindfulness practices to enhance your observation skills. Capture the beauty in everyday moments and create a visual narrative that reflects your inner world. By the end of the course, you'll have developed a new appreciation for the world around you and gained practical photography skills that promote relaxation and self-awareness.

## What will I learn?

- **Week 1: Introduction to Photography & Mindfulness:** Explore the connection between photography and well-being. Learn basic camera operation (phone or digital camera) and mindfulness exercises for focusing your attention.
- **Week 2: Composition & Observation:** Learn fundamental composition techniques to capture visually-appealing photographs. Practice mindfulness techniques for observing your surroundings with fresh eyes.

- **Week 3: Light & Mood:** Understand the impact of light on photography and how it affects the mood of your images. Explore mindfulness exercises for appreciating the beauty in everyday light.
- **Week 4: Sharing & Reflection:** Showcase your photographs, share your experiences, and reflect on the impact of photography on your well-being and mindfulness practices.

#### **How will I be assessed?**

- **Formative:** Interactive discussions, group critiques, practical exercises like camera operation, composition techniques, photographing with mindfulness prompts, and completing a photographic series based on a chosen theme.
- **Summative:** Develop and present a final photographic series that reflects your personal exploration of well-being through the lens, accompanied by a written reflection on the learning process and its impact.

#### **Who is this course for?**

This course is designed for anyone seeking a mindful and creative outlet. It's perfect for beginners with no prior photography experience, individuals interested in exploring mindfulness practices, or anyone looking to manage stress, improve observation skills, and find beauty in the everyday through photography.

#### **Progression Opportunities:**

After completing this course, you could explore online resources or workshops on specific photography techniques like portrait or landscape photography. Consider enrolling in longer photography courses or pursuing a qualification. Look for courses in mindfulness-based practices to delve deeper into techniques for stress reduction and self-awareness. There are also online resources available on starting a photography hobby blog or selling your work at local art fairs.

#### **Career or Job Enhancement Pathways:**

- **Professional Photographer (with further training):** While this course is for beginners, it can spark an interest in pursuing professional photography.
- **Photography Assistant (with further training):** Develop your skills and gain valuable experience by assisting established photographers.

- **Mindfulness Coach (with further training):** This course can introduce you to mindfulness practices, which you can explore further for a career in mindfulness coaching.
- **Art Therapist (with further training):** Explore the therapeutic benefits of creative expression and consider pursuing a career in art therapy.

#### **How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

#### **How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

#### **Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

#### **How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

#### **What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

#### **Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at  
<https://www.oncoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>  
Room numbers are subject to change - please check when you arrive at the venue.

