

SEND: Creative Expression II Personal Development

Course overview

Do you sometimes feel stuck? Do you feel like nothing changes but you would like things to be different? This course builds on Creative Expression I. You will use art and craft to help your personal development and growth. The course will help you to build your confidence and self esteem and work towards feeling less stuck.

What will I study?

You will:

- Use art and craft you help you communicate and express yourself
- Use art to help you work out how you feel about something
- See how other people have developed using art
- Experience how expressing yourself through art helps you develop as a person

Assessment method

- Take part in classroom activities
- Take part in Q&A sessions and short discussions
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

- Be able to participate in class activities
- Be able to work with others
- Be able to follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen. Please wear old clothes.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams or via a remote learning pack.

Possible next steps

Following the successful completion of this course, you will be supported to enroll on to other courses suitable for you such as Personal Development through Drama, Relationships & Boundaries or other Health or Life Skills courses available at the college.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk

call: 020 8270 4722

