

6-17 July 2015

Cyncoed & Llandaff Campuses

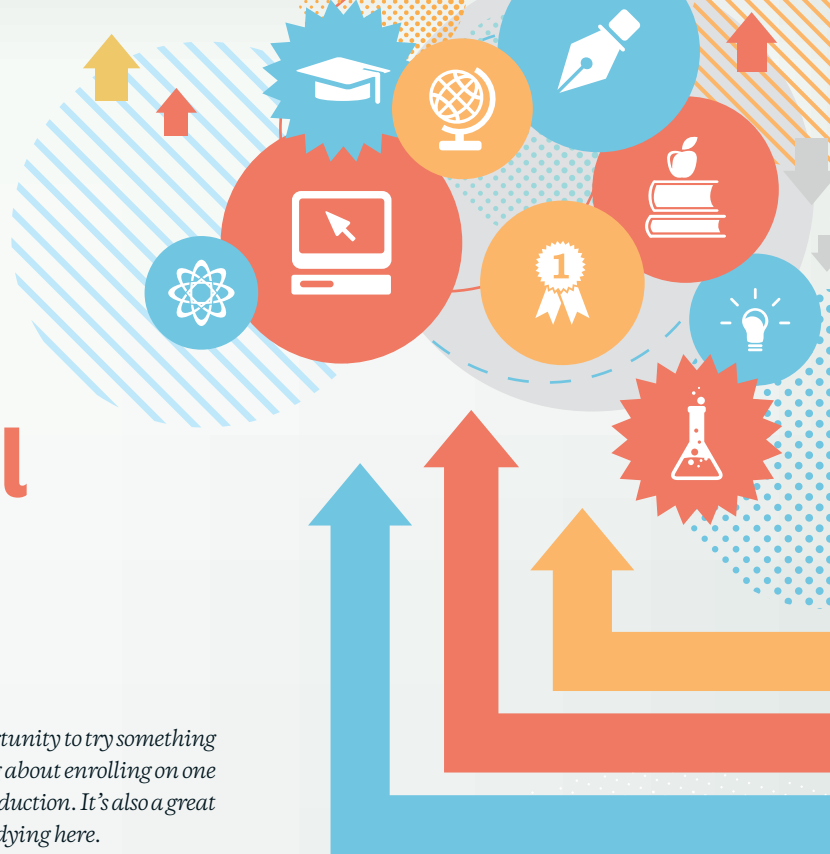
Cardiff Met Summer School

for Adult Learners

The Cardiff Metropolitan University Summer School is a great opportunity to try something new, fun and may improve your career potential. If you are thinking about enrolling on one of our new accredited courses, then Summer School is the perfect introduction. It's also a great way to get a taste of university life, especially if you're thinking of studying here.

This year we also have a special How to Apply to Cardiff Met day organised for Monday 20 July

www.cardiffmet.ac.uk/summerschool



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

Welcome to the Cardiff Metropolitan University Summer School for Adult Learners 2015. We have lots of courses for you to try this year including all your favourites plus some new ones to whet your appetite, such as philosophy and upcycling.

We have a handy planner so you can see at a glance when your course is running to avoid a clash with any others you may want to enrol on. You'll also see our student ambassadors each day who are here to help you find your course, show you around and generally be as helpful as they can be.

We've kept all our taster courses free and priority will be given to people from Community First areas. There's lots to choose from here at Cardiff Met, plus some handy study skills too. All are an excellent introduction to further study here, or perhaps an accredited module as part of our outreach programme for 2015/16.

Don't forget to come along to our How to Apply session on Monday 20th July on the Llandaff campus, where you'll find information on how to apply to Cardiff Met as an adult learner.

We look forward to welcoming you to Cardiff Met this Summer.

Jamie Grundy
Widening Access Officer



Course List

- Assess your Academic English Level
- Baking Technology
- Business Skills for the 21st Century
- Exploring Event Management
- Exploring Sociology
- FabLab Design Challenge -
An introduction to Product Design
- Getting Started in Journalism
- Introduction to Ceramics
- Introduction to Health and Social Care
- Introduction to Housing Studies
- Introduction to Preparing to Teach Adults
- Introduction to Psychology
- Introduction to Reflexology
- Introduction to Upcycling with Stitch
- Introduction to Youth and Community Work
- Photography With or Without a Camera
- Science of Chocolate
- Sporting Chance
- The Community Philosophy Club





cardiffmetcaerdydd

opendays

To book on to any of our Open Days please visit:

www.cardiffmet.ac.uk/opendays

or call us on: **029 2041 6042**

Whether you've already made your mind up that Cardiff Met is the place for you; or whether you're still deciding, attending one of our Open Days is essential.

It's the perfect chance for you to find out more about the course you're interested in, speak to staff and students first-hand and tour our facilities, accommodation and campuses.

We run academic school Open Days throughout the year, which are relevant to your course and your area of interest.

Why Get Involved in Learning?

Living in such uncertain economic times, you may be worried about how you are going to develop your skills and reach your potential in such a difficult job market. Also, we understand all the commitments that come with modern life - work, family, social-life - it's not easy juggling all of these things and considering studying at the same time.

You may feel you aren't bright enough to study at a University, perhaps you didn't do well in school and life has taken you away from education. Often, adults who have been out of study for a long time lack the confidence to return to learning or think people will judge them harshly.

At Cardiff Metropolitan University, we offer a range of FREE of charge, interesting learning opportunities. Our courses can help you to grow in confidence and help focus your career or learning plan. Our Summer School is open to all adults over 18 years old, regardless of their age, background, previous qualifications and experiences.

Last year many of the adults who attended the Cardiff Met Summer School went on to enrol on a further course at Cardiff Met in September, many onto Foundation courses or our accredited programmes, and some straight onto degrees. This year that could be you!

The Cardiff Met Summer School is a great opportunity to try something new, for fun or to improve your career potential. Trying a Summer School course might just be the start of something exciting, which could open more doors for you!

Kay Howells and Jan Jones
Widening Access Managers

For more information please contact us:

✉ wideningaccess@cardiffmet.ac.uk

☎ +44(O) 29 2020 1563

www.cardiffmet.ac.uk/wideningaccess

www.facebook.com/wideningaccess

www.twitter.com/wideningaccess



Assess your Academic English Level

6 or 13 July

10am to 12pm or 1pm to 3pm

Cyncoed Campus

If you are interested in studying but English is not your first language, you may have some concerns about accessing learning. This is a great opportunity for anyone in that position. This course gives you the opportunity to assess your academic English level. You will sit the Password Knowledge test which gives an accurate level of your grammar and vocabulary levels. This will help you if you want to study on the Preparation for Academic IELTS or other similar English language course.

The test takes up to 2 hours so please confirm the date and session (morning or afternoon) you want to attend when you book.



Baking Technology

13 & 14 July

10am to 3pm

Llandaff Campus

This two day course has been designed to introduce you to the science that takes place in our baked products. This year's summer school will focus on traditional Welsh cake products. We will look into the history of Bara Brith, Welsh cakes and more. Over the two days a number of products will be researched and produced. A sensory session will be set up to assess the quality of the products.





Business Skills for the 21st Century

8 to 10 July

10am to 3pm

Llandaff Campus

This course has been designed to introduce learners to the skills that they will need for day to day life as well as the world of employment. These softer skills are increasingly seen as a vital element to employees in the 21st century and the recognition that a large part of the success in any management job is developing good interpersonal or people skills. There will also be opportunities to incorporate life skills development such as team working, confidence building and communication skills. All of the sessions are designed to initiate group discussion and will be tailored to meet the needs of the group. The course encourages self motivation and time management skills, to enable learners to identify individual strengths and weaknesses and give them a solid information base on which to build.



Exploring Sociology

15 & 16 July

10am to 3pm

Llandaff Campus

Sociology is the study of the social world and how we as individuals are affected by it (and in our turn try to affect the world around us). This course will explore inequalities in society through a sociological lens. It will demonstrate the relevance of sociology to elements of everyday life, such as education, social class and religion. Spend two days with some of our greatest thinkers, and you will see the world in a completely different way.





Exploring Event Management

13 & 14 July

10am to 3pm

Llandaff Campus

This course has been designed to introduce students to the workings of the events industry, the role of an event organiser and look at the skills and knowledge required to successfully plan and deliver events. It will be an ideal course for individuals that want to consider a career within the events industry and will also act as a stepping stone into a more structured education programme. The emphasis of the course will be hands on and use real life scenarios that will give the students examples of the many different aspects of the industry. As excellent team working and communication skills are vital within all aspects of events the sessions will be designed to initiate group discussion and will be tailored to the needs of each particular group that is being taught at any one time. The types of subject area covered will be a background of the industry, characteristics of events, planning and coordination, risk management, cultural awareness etc. Completion of the course will enable participants to identify key event requirements and understand the internal and external factors which can impact upon a successful event.



FabLab Design Challenge - An introduction to Product Design

8 to 10 July

10am to 3pm

Llandaff Campus

During this three day course FabLab Cardiff will set you a challenge to design a new product. You will be guided through the design process and use digital manufacturing methods like 3D printing and laser cutting provided in FabLab Cardiff.



Getting Started in Journalism

6 & 7 July

10am to 3pm

Llandaff Campus



A two day taster course introducing the craft of writing news articles and feature articles. The course aims to provide a basic understanding of writing in these two journalistic styles. Over the two days we will look at examples of news and feature articles and examine style, content and a 'how to' guide from the ideas phase to writing the article. Students will get the chance to experiment with this style and find their writer's voice.



Introduction to Ceramics

9 & 10 July

10am to 3pm

Llandaff Campus



This course includes using the potter's wheel and will cover all the basics of handling the clay on the wheel, centring and throwing basic cylindrical form. Various wedging techniques like spiral wedging, oxhead wedging and slab wedging will be demonstrated. Hand Building techniques will also be shown for anyone not wanting to use the potter's wheel. The way of making different sized coils and coil-building technique will be shown as well. Complete beginners as well as anyone with existing throwing skills are all very welcome.



Introduction to Housing Studies

7 & 8 July

10am to 3pm

Llandaff Campus



Why can't they build more council housing? What is stock transfer? What is the Welsh Housing Quality Standard? This course looks at current issues in housing in Wales and how local people can become involved in housing in their communities and as a career. This course is an introduction for people who would like to know more about housing. Anyone with an interest in housing is welcome to join. This course is especially suitable for tenants and residents, adults thinking about returning to education or a career change or wishing to develop new skills. This short course is an excellent introduction to the BSc Housing Policy and Practice degree at Cardiff Met.

Introduction to Health and Social Care

13 to 15 July

10am to 3pm

Llandaff Campus



During this session you will learn about the wide range of interesting opportunities there are for you within the field of Health and Social Care. You will find out more about part time and full time courses that you can undertake and the career opportunities available to you. This course is a great introduction to the Foundation leading to BA/BSc Social Sciences.





Introduction to Preparing to Teach Adults

16 July

10am to 3pm

Cyncoed Campus

Many adults are returning to learning and with this comes the need for really encouraging and inspirational tutors. This course looks at the skills required by those who feel they could really make a difference in helping others through teaching adults. The session is relaxed, interactive and an enjoyable way of finding out more about a potential new career for yourself. You will discuss the role of the tutor; look at the way in which personal motivation can impact upon learning; identify techniques and methods that promote successful learning; and explore potential progression routes for further study. So if you want to find out more about teaching adults, this course is for you. It's a great introduction to the PGCE/PCET which will qualify you to be a teacher of adults.



Introduction to Psychology

7 & 8 July

10am to 3pm

Llandaff Campus

Psychology is a fascinatingly diverse subject that appeals to many people. From the course you will gain an introduction into the study of psychology through consideration of some of the main subject areas such as social behaviour of people; children and their development and understanding the brain to understand behaviour. We will also introduce the types of methods that psychologists use to understand human behaviour. Each workshop will involve mini-lectures as well as practical activities, to aid an understanding of the research base of psychology. If you want to go further then why not consider the Foundation leading to BA/BSc Social Sciences.





Introduction to Reflexology

14 & 15 July

10am to 3pm

Llandaff Campus



This Introductory Course will give an overview of therapies in general, to gain a knowledge of the history and theory of Reflexology. The course will be a mix of basic theory and practical application and is intended to be enjoyable, fun and motivating! It is also an excellent introduction to the 10 credit Level 3 Reflexology module, and Anatomy and Physiology module run in the community.



Introduction to Upcycling with Stitch



6 to 8 July

10am to 3pm

Llandaff Campus

This three day experimental workshop takes your worn, damaged or broken clothing and uses a variety of techniques to heal, mend and uplift the garments, elevating them to beyond the original state. Upcycling is about making something considered trash, desirable again. Through this process, you will personalise the garment and restore its usefulness and desirability. You can bring your own item to upcycle on this workshop to bring it back to life and beyond, or choose a garment from a selection provided..



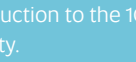
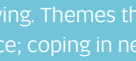
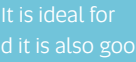
Introduction to Youth and Community Work

9 & 10 July

10am to 3pm

Cyncoed Campus

More and more people are keen to make a difference in their communities but lack the knowledge about how best to get involved. This course is designed as an introduction for those who wish to undertake professional training in youth and community work and those who would like to know more about studying in this area. It is ideal for people who care about their community and want to know more, and it is also good for youth or community workers with little previous experience of studying. Themes that will be developed within the course include: learning from experience; coping in new surroundings and understanding others. This course is a great introduction to the 10 credit Youth and Community Education module run in the community.



Photography With or Without a Camera

16 & 17 July

10am to 3pm

Llandaff Campus

Can't afford a camera, and don't think your mobile phone camera can take a decent photograph? Think again. This beginner's workshop looks at the absolute basics in photographic composition, helping you to take better pictures, and identify what makes a photograph appealing to look at. Understand that any equipment, whether it be the oldest film camera, most expensive digital camera, or the camera on your mp3 player, can take a 'good' photograph if composed effectively. This class is aimed at absolute beginners, and acts as a simple introduction to the subject of art and design.





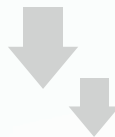
Science of Chocolate

16 & 17 July

10am to 3pm

Llandaff Campus

Have you ever wondered where chocolate comes from or how lovely delicious chocolate is actually made? This session offers you the chance to find out more about the history of chocolate, where it comes from and the difference between UK and continental varieties of chocolate. You will also take part in a practical chocolate making session and you will even get to take home the samples that you make!



Sporting Chance

8 & 9 July

10am to 3pm

Cyncoed Campus



The Sporting Chance course is aimed at anyone considering working in the fitness and leisure industry or considering becoming a personal trainer. This course is ideal if you are currently involved in coaching, have a general interest in physical education, have a concern with your own physical well-being, nutrition and recovery techniques. Throughout the course there will be an opportunity to use Cardiff Met's state of the art sporting facilities, including fitness centre, indoor athletics track, physiology labs and more. The course will be a mixture of practical and theory. From taking part in this course you will achieve an understanding of the sporting industry and how to follow a path into further sports and fitness related education. So if you want to study sport or just want to try something new this course could be for you.



The Community Philosophy Club



15 to 17 July

10am to 3pm

Cyncoed Campus

Community or 'grass roots philosophy' is an established practice where a facilitator will use a model of philosophical discussion, based on the Socratic method of 'community of enquiry', to facilitate group discussion for considering life's big questions. Community philosophy is about the process of philosophising. Its role in community and adult learning, when groups come together to discuss life's big questions: it has been successfully used as a model to help some groups to make a transition into mainstream society - this has included elite sports professionals, prisoners and people with mental health needs.



To help you plan and book the best courses for you, we have included a handy planner for both weeks. This will help you avoid booking on two courses which may have dates that clash. Courses in blue are at the Cyncoed campus. Courses in red are at the Llandaff campus.

Handy Course Planner

All courses start at 10am and finish at 3pm

| Course | Mon | Tues | Wed | Thurs | Fri | Mon | Tues | Wed | Thurs | Fri |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | 6 | 7 | 8 | 9 | 10 | 13 | 14 | 15 | 16 | 17 |
| Venue | | | | | | | | | | |
| Assess your Academic English Level | Cyncoed | | | | | Cyncoed | | | | |
| Baking Technology | | | | | | Llandaff | Llandaff | | | |
| Business Skills for the 21st Century | | | Llandaff | Llandaff | Llandaff | | | | | |
| Exploring Event Management | | | | | | Llandaff | Llandaff | | | |
| Exploring Sociology | | | | | | | | Llandaff | Llandaff | |
| Fablab Design Challenge | | | Llandaff | Llandaff | Llandaff | | | | | |
| Getting Started in Journalism | Cyncoed | Cyncoed | | | | | | | | |
| Introduction to Ceramics | | | | Llandaff | Llandaff | | | | | |
| Introduction to Health and Social Care | | | | | | Llandaff | Llandaff | Llandaff | | |
| Introduction to Housing Studies | | Llandaff | Llandaff | | | | | | | |
| Introduction to Preparing to Teach Adults | | | | | | | | | Cyncoed | |
| Introduction to Psychology | | Llandaff | Llandaff | | | | | | | |
| Introduction to Reflexology | | | | | | | Llandaff | Llandaff | | |
| Introduction to Upcycling with Stitch | Llandaff | Llandaff | Llandaff | | | | | | | |
| Introduction to Youth and Community Work | | | | Cyncoed | Cyncoed | | | | | |
| Photography With or Without a Camera | | | | | | | | | Llandaff | Llandaff |
| Science of Chocolate | | | | | | | | | Llandaff | Llandaff |
| Sporting Chance | | | Cyncoed | Cyncoed | | | | | | |
| The Community Philosophy Club | | | | | | | | Cyncoed | Cyncoed | Cyncoed |

How to Apply to Cardiff Met for Adult Learners

Are you an adult learner who would like to apply to Cardiff Met?

Do you know how to apply?

Do you want to know more about the costs involved and what support may be available to you, such as grants, loans and bursaries?

University is not just for young people. There plenty of adult learners of all ages who are studying on all different courses here at Cardiff Met.

So come along on Monday 20 July on the Llandaff Campus, in the School of Management to find out more. There's no need to book, just come along and find out all you need to know. There will be plenty of opportunity to ask questions.

We have three talks planned:

**How to apply to Cardiff Met
10am to 11am**

This session will explain clearly and simply what you need to know if you want to apply to Cardiff Met. If you are an adult learner and would like to apply to study here, then we can help. We will explain how to apply using UCAS, the universities' application service.

**How to Write a Personal Statement
11.30am to 12.30pm**

This session will help explain what is involved in writing an effective Personal Statement when applying for university. It will show you how to write one which shows what a great student you could be. As part of your application, the Personal Statement is one of the main parts to help support your application. We will show you how to get it right.

Student Finance

1.30pm to 2.30pm

This session will explain the aspects of student finance, whether you are thinking of studying full time or part time. We can offer advice on the financial support that you may be entitled to, where you need to go to apply for it and when you should apply.

All these sessions are family friendly, so you will be able to bring your children in with you.



Booking Form

PLEASE COMPLETE THE FOLLOWING FORM IN BLOCK CAPITALS

Personal Details

Name:

Address:

Postcode:

Telephone:

(IMPORTANT: in case we need to contact you with any course changes.)

Email:

Date of Birth:

Course you would like to do

Course:

Day:

Time:

(Please note, priority is given to learners living in Communities First areas. You will be contacted to confirm your place.)

Do you have any disabilities we can help support you with?

- Unseen disability
e.g. Diabetes/dyslexia
- Deaf/hard of hearing
- Blind/partially sighted
- You need to bring an assistant
- Mental Health difficulties
- Wheelchair user
/have mobility difficulties
- Disability not listed

(If you have circled any of the above, please outline your requirements here or call +44(O)29 2020 1560 to discuss your needs further.)

Equal Opportunities Monitoring (optional)

I would describe my Ethnic origin as:
(please tick one box)

- White - British
- White - Welsh
- White - Other
- Irish Traveller
- Black or Black British - Caribbean
- Black or Black British - African
- Other Black background
- Asian or Asian British - Indian
- Asian or Asian British - Pakistani
- Asian or Asian British - Bangladeshi
- Other Asian background
- Mixed White and Black
- Mixed White and Asian
- Other Mixed Background
- Other Ethnic Background

Further Study at Cardiff Metropolitan University

No traditional entry qualifications?

Cardiff Metropolitan University run one year Foundation courses which may be suitable for adults who do not have traditional entry qualifications but who do have other skills and experiences as well as evidence of recent academic engagement.

Studying one of these courses for a year can really help grow your confidence and your skills. On completion of this, you can progress onto one of a range of degree programmes offered at Cardiff Metropolitan University.

Although a place cannot be guaranteed, it may be worth contacting our programme leaders to chat through your individual circumstances, they will be able to advise on steps to take to access the course.

For general enquiries please contact the Cardiff Met Enquiry Team on +44(O)29 2041 6044 or email courses@cardiffmet.ac.uk

For course specific enquiries,
please contact the programme
leaders:

Health Sciences: Dr Paul Foley

✉ PFoley@cardiffmet.ac.uk

☎ +44(O) 29 2041 6839

Social Sciences: Dr Annette Daly

✉ APDaly@cardiffmet.ac.uk

☎ +44(O) 29 2041 7228

Student Finance and Welfare Advice

The Student Finance and Welfare Advisory Service at Cardiff Metropolitan University offers confidential, impartial advice on all aspects of student finance and it's FREE to all prospective students.

Here are some of the things that we're able to offer:

- One-to-one interviews
- Advice on budgeting and money management
- Advice on what financial support is available
- Information on fees and financial support
- Advice on benefits whilst you are a student
- Advice on how to apply to the Financial Contingency Fund
- Short term emergency loans

If you would like to book to see a Student Finance and Welfare Advisor please call +44(O)29 2041 6170 / 6333 or email financeadvice@cardiffmet.ac.uk or welfareadvice@cardiffmet.ac.uk

For more information please visit www.cardiffmet.ac.uk/financewelfare

Disability support

The Disability Service coordinates support for disabled students across the university. Our aim is to ensure disabled students are able to access their programme of study and are not disadvantaged as a result of a disability or specific learning difficulty. If you have a disability please get in touch with us to discuss your needs. Sometimes some adjustments can take time to arrange so the more notice you are able to give us the better.

For more information
please contact:

✉ disability@cardiffmet.ac.uk
☎ +44(O) 29 2041 6170

Package of support for Care Leavers

If you are a care leaver* and you are thinking of studying with us, we can offer a wide range of support.

Once you have been offered a place to study with us we will offer you a meeting to discuss your situation and the support you think you might need. This meeting will allow us to

establish how much financial support is available, the type of accommodation you would prefer and any additional support you may need.

Staff Mentor

If you have any concerns before or whilst you are studying with us, a staff mentor will be on hand to advise on all aspects of university life. Everything will be treated confidentially.

You can inform us that you have been in care via the UCAS application form. By doing this, we can identify any support that you may need before or during your time at Cardiff Metropolitan University.

*This package has been designed for care leavers whose permanent residence is in the United Kingdom and who are 'home' students for fee purposes. The support is available to students who declare on the UCAS application that they have been in care (looked after by a local authority/ foster carers). Full details of the student's social worker must be supplied and there are strict eligibility criteria that must be met to receive this support:

- A student who has been in care since the age of 14 must have been in care for no less than 6 months.
- A student who has been in care from the age of 16 must have been in care for no less than 3 months.
- Students must be under the age of 25.

Cardiff Metropolitan University is proud to have been awarded the Frank Buttle Trust Quality Mark, for its commitment to Care Leavers.

Religion

Cardiff is home to many different cultures and religions. Students can be introduced to local religious groups such as the Christian Union, the local Islamic Community, the Sikh or Hindu community and many others. There is a large variety of places to worship in Cardiff no matter what faith you follow. At Cardiff Metropolitan University we have a number of facilities which are suitable spaces set aside for meditation, prayer or reflection.

We have male and female Muslim prayer rooms on all campuses which are available to all Muslim students.

Cardiff Met Summer School Adult Learners

Cardiff Metropolitan University

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- www.facebook.com/wideningaccess
- www.cardiffmet.ac.uk/summerschool



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd



150
Years
Mlynedd
Cardiff
Met
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