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| **Title** | Parent’s Guide to Resilience for Youngsters PL204 |
| **Tutor** | Michelle Evans |

Welcome to Lifelong Learning and thank you for enrolling on the course.

This course will run from the 15thth of January until the 28th of March and it will be delivered through a self-paced learning format with video demonstrations. The content will guide you through different aspects of resilience in children. We’ll explore what resilience is and how it can be nurtured. We’ll delve deep into why children bully and how to respond, and we’ll consider the balance between protection and empowerment.

You may want to take this course at your own leisure, working flexibly around your usual commitments, yet we do recommend that you access your learning materials each week. Small tasks will be set along the way, enabling you to reflect and apply your learning, and receive feedback on your progress. There will also be some optional online sessions to build a sense of community, deepen your learning, share your thoughts, ideas and experiences with your fellow students, and to ask any questions. You can also contact me via email and request one-to-one meetings.

Your learning materials will be accessed through Blackboard, which is the University’s Virtual Learning Platform (don’t worry if you’re not familiar with Blackboard, you will receive plenty of guidance on how to use it). You will need to use your university ‘username’ which is issued to you upon enrolment. You will also be issued with a student number and a web site to access, so that you can set a unique password. This username also allows access to a secure free email, a whole host of online journals, and digital and physical access to library books.

Thanks again for enrolling, I’m looking forward to meeting you.

Best wishes,

Michelle Evans (mle1@aber.ac.uk)