

# Course Information Sheet

## Reset your Brain



**Course Summary:** Feeling overwhelmed? This 4-week course provides practical strategies to declutter your mind, boost focus, and improve overall brain health.

**Course Description:** Do you question how your thought patterns are formed and why you think the way you do? If you are stuck in negative thoughts, this course will help you understand how the brain works and you will learn techniques of how to reprogram your mental processes for your well-being and personal success. By exploring brain plasticity, habit formation, mindfulness, and mental conditioning, you will apply your skills to break unhelpful mental patterns and form new, empowering thought habits. By the end of this course, you will have a clear understanding of how your brain works, how habits and thought patterns are formed, and how you can recalibrate your brain for personal and professional achievement. Through practical exercises you will gain the skills to recalibrate your mindset, break unhelpful habits, and form new, empowering thought patterns that lead to long-term well-being, resilience, and growth.

### What will I learn?

- Introduce the concept of neuroplasticity and how mental and physical habits shape brain patterns over time. Identify and recognise negative emotional patterns and how they affect your behaviour.
- Understand why old patterns are hard to break and how to disrupt the automatic default mode of your brain. Learn strategies for interrupting unhelpful thought patterns and begin building new, healthier neural connections.
- Learn about the science of mindfulness and introduce techniques that actively reprogram your brain for success and well-being by reshaping thought patterns through mindful techniques and practices.
- Understanding how daily habits shape brain recalibration over the long term and learn how to equip yourself with strategies to maintain long-term positive changes to face future challenges.

### How will I be assessed?

- **Formative:** Participation in group discussions, self-reflection exercises, and quizzes will provide continuous feedback and enhance learning.
- **Summative:** A final project (e.g., a personalized brain training plan or a reflection on learned techniques) will demonstrate your understanding and application of the course concepts.

**Who is this course for?** This course is ideal for anyone feeling overwhelmed, stressed, or struggling with focus. Professionals, students, and anyone seeking to optimize their brain health and mental well-being will benefit from this course.

**Progression Opportunities:** Take your learning further with advanced courses on mindfulness, cognitive behavioral therapy (CBT), or memory improvement techniques. Explore online options from

OnCourse Software Global ([terms.oucourseswglobal.net/software/html5.html](https://terms.oucourseswglobal.net/software/html5.html)) or other UK universities offering courses in neuroscience, productivity, or well-being.

**Career or Job Enhancement Pathways:** Enhanced focus, stress management, and improved cognitive function can benefit various careers:

- **Project Management:** Improved organization and planning skills are crucial for success.
- **Education & Training:** Enhanced focus benefits both teachers and learners.
- **Customer Service:** Stress management and clear communication are essential.
- **Creative Industries:** Improved focus and brain health can boost creativity and innovation.

### **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.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

