



Course details

Course title

Ready to Learn

Course code

Q00028556

Course date

Start: 29/09/26

End: 05/11/26

Number of classes

12 sessions

Timetable

Tue 29th Sep, 9:30 to 12:00

Thu 1st Oct, 9:30 to 12:00

Tue 6th Oct, 9:30 to 12:00

Thu 8th Oct, 9:30 to 12:00

Tue 13th Oct, 9:30 to 12:00

Thu 15th Oct, 9:30 to 12:00

Tue 20th Oct, 9:30 to 12:00

Thu 22nd Oct, 9:30 to 12:00

Tue 27th Oct, 9:30 to 12:00

Thu 29th Oct, 9:30 to 12:00

Tue 3rd Nov, 9:30 to 12:00

Thu 5th Nov, 9:30 to 12:00

Tutor

Ameerah Mudhoo

Fee range

Funding available - £240.00

Venue

Mulberry School
Richard Street
Commercial Rd
Shadwell
London
E1 2JP

Level of study

Entry Level

Course overview

This course is funded by the Greater London Combined Authority and is only available to residents living within the Greater London Combined Authority area. This course supports adults returning to education by building confidence, resilience, and essential learning behaviours. Learners will explore growth mindset, time management, independence, health and wellbeing and communication skills. Through interactive activities, reflection, and goal setting, learners will develop self-awareness and readiness for future study. Flexible modular units allow learners to focus on areas most relevant to their needs, creating a personalised pathway to success. Ready to Learn empowers learners to thrive in modern learning environments with confidence and purpose.

Course description

This course is designed for adults returning to learning who want to rebuild confidence, strengthen essential study skills, and develop positive habits for successful education or training. Through a practical and supportive approach, the course introduces key themes such as growth mindset, effective time management, independent study skills, communication, and personal wellbeing. Learners will explore simple, achievable strategies to overcome common barriers, manage everyday commitments, reduce stress, and build resilience. The aim is to help each learner feel more in control of their learning journey and better equipped to succeed.

Throughout the course, learners will take part in guided self-reflection and goal-setting activities to recognise their strengths and identify areas for development. You will be encouraged to think about how you learn best, how to stay motivated, and how to balance study with work, family, and other responsibilities. By the end of the course, you will have created a personalised action plan that outlines your next steps and supports your progression. Whether you are hoping to move into further education, training, volunteering, or employment, this course offers the tools, mindset, and confidence you need to take that next step with assurance and clarity.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during

your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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