

The National Enrichment Programme

How it works

Date	Workshop title	Details
Workshop 1 11/09/23	An Introduction to OpenLearn Virtual workshop	The Digital Content Producer from The Open University will be introducing you to The Open University's free informal learning platform, OpenLearn. We'll be demonstrating how to use the platform, how to create an account and how to enrol on free courses.
Workshop 2 18/09/23	How to become a successful learner Virtual workshop	The Partnerships Manager at The Open University in Wales will be providing top tips on how to become a successful learner.
Workshop 3 25/09/23	5 Ways to Mental Well-being Virtual workshop	Bernie Ashton-Goh (Mental Health Advisor, The Open University in Wales) shares her expertise in managing stress, increasing resilience and the '5 Ways to Mental Well-being'. The following websites offer free confidential support and information regarding mental health and wellbeing. studentminds.org.uk samaritans.org
Workshop 4 9/10/23	OpenLearn Interactives Virtual workshop	The Digital Content Producer from The Open University will be showcasing the interactive content that can be found on OpenLearn.
Workshop 5 16/10/23	Lifelong Learning and Learning as a Benefit Virtual workshop	The Business Relationship Manager at The Open University in Wales will explore perceptions of lifelong learning and explain how you can take control of your personal and professional growth through self-discovery.
Workshop 6 7/11/23	Enter the Amazing World of Ethical Hacking Virtual workshop	This exciting workshop is presented by Cyber Industry professional Lee Campbell (Lecturer in Cyber Security, The Open University). Lee will be covering: <ul style="list-style-type: none"> • what is cyber security? • the need for ethical hacking • hacking skills • hacking demonstration.
Workshop 7 13/11/23	Artificial Intelligence and Machine Learning Live virtual workshop*	Talking all things AI, we'll be looking into the benefits and risks of using this new technology and taking a look into the future of learning.

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Workshop 8 27/11/23	Life Skills Virtual workshop	Lisa Davies from the Partnerships team at The Open University in Wales will be exploring personal finance and budgeting for young adults.
Workshop 9 4/12/23	Myth Busting Higher Education Virtual workshop	Educational Advisors from The Open University in Wales will be busting common myths about higher education study and providing information on student finance, pathways into higher education and the support available to students.
Workshop 10 15/1/24	Overcoming Barriers Virtual workshop	Bernie Ashton-Goh (Mental Health Advisor, The Open University in Wales) will share techniques in enhancing wellbeing to improve engagement and progression in your learning.
Workshop 11 29/1/24	Exploring OpenStem Labs Virtual workshops	<p>This workshop is presented by Stephen Jones (Open University STEM Senior Tutor, School of Engineering and Innovation) and Rob Janes (Open University STEM Senior Tutor, School of Life, Health and Chemical Sciences).</p> <p>The Open University has a long history of using innovative methods to deliver authentic practical experiences in STEM subjects. The <i>OpenSTEM Labs</i> is our latest development, comprising a number of labs, each with a distinct identity, meeting modern student and national skills-based needs.</p> <p>This workshop aims to give you the opportunity to try out some of our 'OpenSTEM Labs' experiments. We have an expanding offer, which we are proud to invite you to explore:</p> <ul style="list-style-type: none"> • <i>The OpenScience Laboratory</i> • <i>The OpenScience Observatories</i> • <i>The OpenEngineering Laboratory</i> • <i>The OpenHealth Laboratory</i> • <i>The OpenComputing Laboratory</i>.
Workshop 12 19/2/24	Allyship 101: Exploring fundamentals of allyship Live virtual workshop*	In this interactive session, we'll explore what it means to be an ally and why we should all be interested in allyship. We'll examine the role of privilege and power in allyship and how we can promote allyship by listening actively and using inclusive language.
Workshop 13 26/2/24	Allyship 102: Essential Ingredients for Becoming an Effective Ally Live virtual workshop*	In this interactive session, we'll look at how we can take action as an ally, focusing on strategies for supporting marginalized individuals and communities. We'll also look at building and maintaining relationships with individuals from marginalized communities, navigating difficult conversations and addressing microaggressions as an ally. We'll then reflect on next steps for your own allyship.
Workshop 14 4/3/24	Senedd Member Question Time Virtual Q&A	Cerith Rhys Jones (Senior Manager, External Affairs at The Open University in Wales) will be hosting question time with a Member of the Senedd (Member to be confirmed).

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Workshop 15 18/3/24	Allyship 103 – Allyship in Action: Sharing Lived Experiences and Strategies for Change Live virtual workshop*	In this interactive session, we'll provide a safe space for learners to share their lived experiences and perspectives related to allyship. We'll also discuss practical strategies for creating positive change and promoting allyship in our communities.
Workshop 16 8/4/24	Keeping Well During Stressful Learning Periods Virtual workshop	Bernie Ashton-Goh (Mental Health Advisor, The Open University in Wales) will be discussing what causes exam stress , how it can affect you and things you can do about it.
Workshop 17 22/4/24	Mixed Reality and Virtual Reality Virtual workshop	Oli Howson (Lecturer in Computing and Communications, The Open University) will take you through the fascinating world of Augmented Reality (AR), Virtual Reality (VR), Mixed Reality (MR) and extended Reality (XR).
Workshop 18 6/5/24	Employability 1.1 – Your Personal Brand Virtual workshop	The Business Relationship Manager at The Open University in Wales will give top tips on applying for employment, the interview process and how your social media footprint can help or hinder your success.
Workshop 19 20/5/24	Gamified Intelligent Cyber Aptitude Skills Training (GICAST) Virtual workshop	Chitra Balakrishna Ph.D. MBCS, SFHEA, CEH (Programme Leader for Cyber Security, The Open University) will introduce you to the concept of Gamified Intelligent Cyber Aptitude and Skills Training (GICAST). This is a taster of the OpenLearn GICAST Badged Open Course that delves into online threats and the ways in which you can protect your digital life. This free course has been developed by The Open University with support from the UK Government's National Cyber Security Programme. A digital badge is awarded on completion of the course.
Workshop 20 3/6/24	Employability 1.2 Preparing for your squiggly career Virtual workshop	Did you know that the average person changes jobs 5–7 times across their lifetime? Join the OU in Wales for this session on looking at how 'squiggly careers' is becoming the new normal, when many future jobs haven't even been invented yet. What this session will give you is an insight into employability and the tools and knowledge that can prepare you for your future. Hear from real life experience of a former OU student and what their unique career journey has looked like so far.

A link to the recording of each workshop can be found on the [National Enrichment Programme landing page](#) on OpenLearn. Each live stream will be recorded and a link to these recordings can also be found on the landing page after the workshop has taken place.

In the weeks that have no scheduled workshops, you'll use this time to explore OpenLearn and study the courses that most interest you.

*Live streamed at 11am and the recording will be available on the National Enrichment Programme landing page shortly after.

Mae'r ddogfen hon hefyd ar gael yn Gymraeg.