**Example Courses to help with Starting Points / Next Steps**

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| Section | Link to Content / Notes |
| Latest courses on OpenLearn | * Live link to ‘[latest from openlearn](https://www.open.edu/openlearn/latest-from-openlearn) |
| Short Articles Section – ‘appetisers’ | * [What Can I do too support my MH](https://www.open.edu/openlearn/health-sports-psychology/mental-health/what-can-i-do-about-my-mental-health-when-i-dont-have-the-support-i-need) * [5 tips on self care](https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-tips-on-how-plan-new-self-care-routines) * [Tips from a Mental health survivor](https://www.open.edu/openlearn/body-mind/health/health-studies/mental-health-survivor-suggestions) * [Mindfulness](https://www.open.edu/openlearn/health-sports-psychology/mental-health/five-reasons-why-you-should-care-about-mindfulness) * [Support Net – can you help someone in need?](https://www.open.edu/openlearn/health-sports-psychology/mental-health/support-net-can-you-help-someone-need) * [Finding the truth – forensic evidence](https://www.open.edu/openlearn/people-politics-law/the-law/criminology/finding-the-truth) * [How women changes the world](https://www.open.edu/openlearn/history-the-arts/how-women-changed-the-world) |
| Short Courses level 0 (All on OpenLearn Create) | * [Climate change](https://www.open.edu/openlearncreate/course/view.php?id=469) – 2 hours * [Energy options for the future](https://www.open.edu/openlearncreate/course/view.php?id=803) – 2 hours * [Computers – bits & bytes](https://www.open.edu/openlearncreate/course/view.php?id=997) – 3 hours * [Navigating and searching the web](https://www.open.edu/openlearncreate/course/view.php?id=2737) – 2 hours * [Introduction to autism and inclusive practice](https://www.open.edu/openlearncreate/course/view.php?id=6935) - 3 hours * [Introduction to dyslexia and inclusive practice](https://www.open.edu/openlearncreate/course/view.php?id=6836) - 3 hours * [How to help your child with talking](https://www.open.edu/openlearncreate/course/view.php?id=5097) – 1 hour |
| Longer courses level 0 (all on OpenLearn create) – lots come with a digital badge | * [Digital skills](https://www.open.edu/openlearncreate/course/view.php?id=7282) – 5 hours * [Essential Skills for online learning](https://www.open.edu/openlearncreate/course/view.php?id=3512) – 5 hours * [Bounce Back – Positive Psychology can give a post pandemic boost to family wellbeing](https://www.open.edu/openlearncreate/course/view.php?id=8602) – 5 hours * [Planning a better future](https://www.open.edu/openlearncreate/course/view.php?id=2173) (career related) – 15 hours * [Caring for adults](https://www.open.edu/openlearncreate/course/view.php?id=2171) – 15 hours * [Supporting children’s development](https://www.open.edu/openlearncreate/course/view.php?id=2169) – 15 hours * [Every Computer Skills:](https://www.open.edu/openlearncreate/course/view.php?id=5538) A Beginners Guide to computers, tablets, mobile phones and accessibility (with Lead Scotland) – 16 hours * [Caring Counts](https://www.open.edu/openlearncreate/course/view.php?id=1688) – self reflection \*& planning course for carers – 10 hours |
| Short Courses Level 1 | * [Coping with panic attacks](https://www.open.edu/openlearn/health-sports-psychology/panic-attacks-what-they-are-and-what-do-about-them/content-section-0?active-tab=description-tab) - 3 hours * Some curated in ‘[Explore](https://www.open.edu/openlearn/pluginfile.php/3271534/tool_ocwmanage/article/1/challenge_yourself.pdf)’ Openlearn pathways * [IT in everyday life](https://www.open.edu/openlearn/science-maths-technology/it-everyday-life/content-section-0?active-tab=description-tab) – 4 hours * [Presenting information](https://www.open.edu/openlearn/science-maths-technology/computing-ict/presenting-information/content-section-0?active-tab=description-tab) – 3 hours * [Different types of business](https://www.open.edu/openlearn/money-business/business-strategy-studies/different-types-business/content-section-0?active-tab=description-tab) – 3 hours |
| Longer level 1 courses | * [Learning how to learn](https://www.open.edu/openlearn/education-development/learning-how-learn/content-section-0?active-tab=description-tab) – 6 hours * [Money & Business](https://www.open.edu/openlearn/money-business/mses-academy-money/content-section-overview?active-tab=description-tab) Academy of money with MSE – 12 hours * [Managing money for young adults](https://www.open.edu/openlearn/money-business/personal-finance/managing-my-money-young-adults/content-section-overview?active-tab=description-tab) – 24 hours * [Succeed with Maths 1](https://www.open.edu/openlearn/science-maths-technology/succeed-maths-part-1/content-section-overview?active-tab=description-tab) – 24 hours * [Succeed with maths 2](https://www.open.edu/openlearn/science-maths-technology/succeed-maths-part-2/content-section-overview?active-tab=description-tab) – 24 hours * [Supporting children’s MH and Wellbeing](https://www.open.edu/openlearn/education-development/supporting-childrens-mental-health-and-wellbeing/content-section-overview?active-tab=description-tab) – 24 hours * [Digital Skills](https://www.open.edu/openlearn/education-development/digital-skills-succeeding-digital-world/content-section-overview?active-tab=description-tab) – 24 hours * [Understanding Autism](https://www.open.edu/openlearn/science-maths-technology/understanding-autism/content-section-overview?active-tab=description-tab) – 24 hours * [English – Skills for Learning](https://www.open.edu/openlearn/education-development/english-skills-learning/content-section-overview?active-tab=description-tab) – 24 hours * [Succeed with Learning](https://www.open.edu/openlearn/education-development/succeed-learning/content-section-overview?active-tab=description-tab) – 24 hours * [Exploring Sports coaching & Psychology](https://www.open.edu/openlearn/health-sports-psychology/exploring-sport-coaching-and-psychology/content-section-overview?active-tab=description-tab) – 24 hours * [Everyday Maths](https://www.open.edu/openlearn/science-maths-technology/everyday-maths-1/content-section-overview?active-tab=description-tab) – 48 hours * [Everyday English](https://www.open.edu/openlearn/languages/everyday-english-1/content-section-overview?active-tab=description-tab) – 48 hours * [Exploring learning disabilities](https://www.open.edu/openlearn/health-sports-psychology/exploring-learning-disabilities-supporting-belonging/content-section-overview?active-tab=description-tab) – 24 hours * [Working with young people](https://www.open.edu/openlearn/education-development/education-careers/working-young-people-roles-and-responsibilities/content-section-0?active-tab=description-tab) – 12 hours * [Talk the talk](https://www.open.edu/openlearn/education-development/talk-the-talk/content-section-overview?active-tab=description-tab) (delivering great presentations) – 12 hours * [Football world cup](https://www.open.edu/openlearn/health-sports-psychology/the-football-world-cup-where-sport-and-politics-collide/content-section-overview?active-tab=description-tab) – where sport & politics collide – 10 hours * [Physical activity for health & wellbeing for carers](https://www.open.edu/openlearn/health-sports-psychology/physical-activity-health-and-wellbeing-the-caring-role/content-section-overview?active-tab=description-tab) – 6 hours * [Introduction to child psychology](https://www.open.edu/openlearn/education-development/childhood-youth/introduction-child-psychology/content-section-0?active-tab=description-tab) – 8 hours * [Exploring family health](https://www.open.edu/openlearn/health-sports-psychology/exploring-family-health/content-section-0?active-tab=description-tab) – 8 hours * [Intro to adolescent mental health](https://www.open.edu/openlearn/health-sports-psychology/introduction-adolescent-mental-health/content-section-overview?active-tab=description-tab) – 24 hours |
| Next steps and future pathways | * Links to Career related Badged Open Courses   + [Succeed in workplace](https://www.open.edu/openlearn/education-development/succeed-the-workplace/content-section-overview?active-tab=description-tab) – 24 hours   + [Working in voluntary sector](https://www.open.edu/openlearn/society-politics-law/sociology/working-the-voluntary-sector/content-section-overview?active-tab=description-tab) – 24 hours   + [So you want to be a nurse](https://www.open.edu/openlearn/health-sports-psychology/so-you-want-be-nurse-a-brief-introduction-nursing/content-section-0?active-tab=description-tab) – 4 hours   + [Importance of interpersonal skills](https://www.open.edu/openlearn/money-business/leadership-management/the-importance-interpersonal-skills/content-section-0?active-tab=description-tab) – 3 hours   + [Effective communication in the workplace](https://www.open.edu/openlearn/money-business/effective-communication-the-workplace/content-section-overview?active-tab=description-tab) – 24 hours * Further Learning related courses   + [Thinking about next steps](https://www.open.edu/openlearn/education-development/where-take-your-learning-next) in your learning   + [Am I ready to be distance learner](https://www.open.edu/openlearn/education-development/am-i-ready-be-distance-learner/content-section-0?active-tab=description-tab)? – 3 hours   + [Get started with online learning](https://www.open.edu/openlearn/education-development/get-started-online-learning/content-section-overview?active-tab=description-tab) – 6 hours   + [Being an OU student](https://www.open.edu/openlearn/education-development/being-ou-student/content-section-overview?active-tab=description-tab) – 12 hours   + [Reading & Notetaking](https://www.open.edu/openlearn/society-politics-law/sociology/reading-and-note-taking-preparation-study/content-section-0?active-tab=description-tab) – preparation for study * For participants who are not wanting to move on to formal further study but want in-depth / stretch resources and are ready for these   + Key Skills – [working with others](https://www.open.edu/openlearn/education-development/key-skill-assessment-unit-working-others/content-section-0?active-tab=description-tab) (50 hours)   + Key Skills – [Problem Solving](https://www.open.edu/openlearn/education-development/key-skill-assessment-unit-problem-solving/content-section-0?active-tab=description-tab) – 50 hours   + Key Skills -[Information Literacy](https://www.open.edu/openlearn/science-maths-technology/computing-ict/key-skill-assessment-unit-information-literacy/content-section-0?active-tab=description-tab) – 50 hours   + Key Skills – [Communication](https://www.open.edu/openlearn/education-development/key-skill-assessment-communication/content-section-0?active-tab=description-tab) – 50 hours |