



Expressive Arts

Short Course student book

Name:

Centre:

Tutor:

Sample

Expressive Arts Short Course student book

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Sample

Introduction

Welcome to the Expressive Arts Short Course

This Short Course accredits up to 60 hours of your expressive arts activities. It provides opportunities for you to develop arts knowledge and skills and use them effectively.

We hope you enjoy choosing and completing the challenges and, as a result, become more confident in your knowledge of arts issues.

Course aims

The Expressive Arts Short Course will enable you to:

- Learn and demonstrate techniques in different forms of expressive arts (eg visual arts, performing arts, music, crafts, writing)
- Develop an awareness of how creative expression and enjoyment of the arts can have a positive impact on mental health and wellbeing
- Develop your own creative voice and produce your own original work
- Gain an understanding of the importance of arts and creativity in society and industry



Mental health and wellbeing

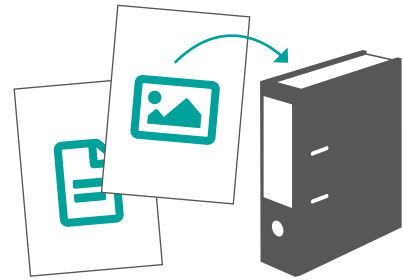
Expressive arts activities promote a healthier lifestyle and can have a positive impact on your mental health and wellbeing.

- Expressive arts allow you to explore your emotions, thoughts and feelings in a way that is personal to you.
- Finding your unique creative voice and style can be rewarding and boost your confidence.
- Concentrating on a creative task helps you to focus and gives your mind a break.
- Enjoying arts with other people helps you to connect with other people and relax.
- Appreciating the arts allows you to see beauty in the world and in other people.
- Traditional arts and crafts are a good way to spend time away from screens and technology.

What do I need to do?

1 Carry out your chosen challenge, collecting evidence as you do it

File your evidence in your portfolio; see page 4 for more information about what can be used as evidence.



2 Complete the boxes next to the challenge

The skills tick boxes show the skills you have used during the challenge; see page 7 for more information about these skills.

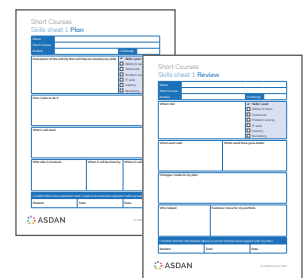
The sign off boxes show where your evidence can be found, who has verified this and the date.

<p><input checked="" type="checkbox"/> Skills I used:</p> <p><input type="checkbox"/> Ability to learn</p> <p><input type="checkbox"/> Teamwork</p> <p><input type="checkbox"/> Problem solving</p> <p><input checked="" type="checkbox"/> IT skills</p> <p><input type="checkbox"/> Literacy</p> <p><input type="checkbox"/> Numeracy</p>	<p><input type="checkbox"/> Sign off:</p> <p>Evidence ref</p> <p>Verified by</p> <p>Date</p>
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4 Complete the relevant skills sheet if the challenge is being used for a skills sheet

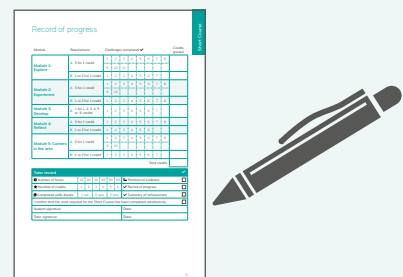
See page 3 for information about skills sheets.

i Your tutor will provide you with these documents.



5 Fill in your completed challenge on the record of progress

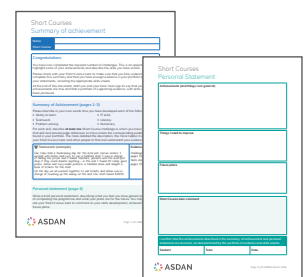
Use the record of progress (page 5) to keep a careful record of the challenges you have completed and the credits you have gained.



6 Complete your summary of achievement and personal statement

At the end of your Short Course, use these documents to review your experience; see page 4 for more information about these documents.

i Your tutor will provide you with these documents.



At the end of your Short Course, your tutor will check your work and complete the tutor record on page 5. If you have met the requirements, your tutor will request your certificate from ASDAN.

Developing your skills

Core skills

Expressive arts activities provide an excellent opportunity to develop the following core skills:

Ability to learn

This skill is about how you manage your personal learning and development. It is about planning and working towards targets to improve your performance and reviewing your progress.

Teamwork

This skill is about how you work with others when planning and carrying out activities to get things done and achieving shared objectives. This will involve working with a group of people.

Problem solving

This skill is about recognising problems and doing something about them. It is about using different methods to find a solution and checking to see if they work.

IT skills

This skill is about being able to make the best use of computers and other items such as printers, scanners and digital cameras. Being familiar with how to use this equipment is vitally important in the workplace and at home.

Literacy

This skill is not only about how you talk to people but also about the ways you find out information and let other people know about your views and opinions. It also includes all aspects of writing and reading.

Numeracy

This skill is about your ability to use numbers. If, for example, you've measured or calculated something you will have used numeracy skills. Being able to use numbers is a skill highly valued by employers.

✓ Recording core skills development

Next to each challenge is a set of tick boxes where you can record the skills you have used and developed during the activity.

Expressive Arts skills

In addition to the six core skills above, the challenges in the Expressive Arts Short Course will enable you to develop the following expressive arts skills:

- creativity
- arts knowledge
- openness to experience
- communicating ideas
- empathy
- self-management
- critique

The skills that you will develop are listed underneath each challenge, for example:

Expressive Arts skills: Arts knowledge | Communicating ideas | Empathy



Module 1

Explore

The aim of this module is to encourage you to explore different aspects of expressive arts and creativity. The module includes opportunities to try new techniques, research arts topics and explore creative themes.



Module 1

Explore

Section A: Complete THREE challenges over 10 hours for 1 credit

1 Share ideas about creative and expressive arts that people experience from childhood onwards.

Choose a memory of an expressive arts experience that you have had. Describe in detail how you were involved and what you thought and felt about the experience.

Expressive Arts skills: Empathy

✓ Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	✍ Sign off:
	Evidence ref
	Verified by
	Date

2 In a group, explore opportunities for expressive arts involvement in your local community. Produce a list of groups, organisations and facilities that provide opportunities to experience and appreciate creativity in your local community.

Expressive Arts skills: Arts knowledge | Openness to experience

✓ Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	✍ Sign off:
	Evidence ref
	Verified by
	Date

3 Start and maintain a thinking diary. Use this to keep ideas, notes, drawings, photos and experiments that relate to your expressive arts practice.

Record your feelings, perceptions and dreams as well as your knowledge, process and use of techniques, instruments, tools and materials.

Expressive Arts skills: Creativity | Arts knowledge | Communicating ideas | Self-management

✓ Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	✍ Sign off:
	Evidence ref
	Verified by
	Date



Module 3

Develop

The aim of this module is to allow you to develop your expressive and creative skills through an extended arts project of your choice. The module provides opportunities for you to choose your project and develop your own creative voice to produce a personal response.

4 Learn a new creative skill over a period of time (eg playing a musical instrument, dancing, animation, painting, knitting, circus skills). Keep records to show:

- your involvement at each stage
- reviews of your progress
- any problems you encountered and how you solved them
- your awareness of health and safety

Expressive Arts skills: Creativity | Arts knowledge | Openness to experience | Communicating ideas | Empathy | Self-management

✓ Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	✍ Sign off: Evidence ref
	Verified by
	Date

5 Mentor a group to help them improve their expressive arts skills. Keep records to show:

- your involvement at each stage
- reviews of your progress
- any problems you encountered and how you solved them
- your awareness of health and safety

Expressive Arts skills: Creativity | Communicating ideas | Empathy | Self-management

✓ Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	✍ Sign off: Evidence ref
	Verified by
	Date

6 Organise and run a community arts event or project. Keep records to show:

- your involvement at each stage
- reviews of your progress
- any problems you encountered and how you solved them
- your awareness of health and safety

Expressive Arts skills: Creativity | Communicating ideas | Empathy | Self-management

✓ Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	✍ Sign off: Evidence ref
	Verified by
	Date

7 Other agreed challenge

✓ Skills I used: <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	✍ Sign off: Evidence ref
	Verified by
	Date



Module 5

Careers in the arts

The aim of this module is to explore a wide range of career opportunities in expressive arts. The module provides opportunities to experience working in the arts and to be inspired by other artists or those working in the arts.

Module 5

Careers in the arts

Section B: Complete ONE or TWO challenges over 10 hours for 1 credit

1 Organise and take part in a work experience placement (**at least 10 hours**) that involves working in any arts-related field (eg at a gallery, at a theatre, in a design studio, with a production company).

Keep a diary of your experiences, reflecting on aspects of the job you like best and those you like least. Use this experience to help you make choices about your future career.

Expressive Arts knowledge | Openness to experience |
Arts skills: Self-management

<p>✓ Skills I used:</p> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<p>✎ Sign off:</p> <p>Evidence ref</p> <hr/> <p>Verified by</p> <hr/> <p>Date</p>
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2 Organise and take part in a period of volunteering (**at least 10 hours**) for an arts-related project or charity. Update your CV to reflect this involvement.

Expressive Arts knowledge | Openness to experience |
Arts skills: Self-management

<p>✓ Skills I used:</p> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<p>✎ Sign off:</p> <p>Evidence ref</p> <hr/> <p>Verified by</p> <hr/> <p>Date</p>
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3 Spend a day or more (**at least 10 hours**) shadowing someone who is self-employed and works in the arts, media or creative industries.

Summarise your experience in a creative format (eg video, animation, design, performance), describing what you found particularly informative, inspiring and influential. Share your summary with the person you shadowed and thank them.

Expressive Creativity | Arts knowledge | Openness to
Arts skills: experience | Empathy | Self-management

<p>✓ Skills I used:</p> <input type="checkbox"/> Ability to learn <input type="checkbox"/> Teamwork <input type="checkbox"/> Problem solving <input type="checkbox"/> IT skills <input type="checkbox"/> Literacy <input type="checkbox"/> Numeracy	<p>✎ Sign off:</p> <p>Evidence ref</p> <hr/> <p>Verified by</p> <hr/> <p>Date</p>
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