DIGITAL JOURNALING: EXPLORING THE SENSES

COURSE SUMMARY:

This 7 week interactive course will teach you how to use images and words in a creative way to record your own thoughts and experiences. We will explore how the senses allow us to interact with the world. We will think about how artists and writers have used these themes themselves and will use these ideas as our stimulus on these themes. This course will take place on Microsoft Teams. Support will be provided in accessing this.

ENTRY REQUIREMENTS:

● Have access to a computer or laptop

● Aged 19 or over

WHAT WILL YOU DO ON THIS COURSE?

✔ **Be part of** a supportive group of learners

✔ **Gain inspiration** from weekly prompts and assignments

✔ **Get advice** on using traditional art, digital skills, poetry, and creative writing

✔ **Give and** receive feedback and share ideas

✔ **Develop** your own creative style

✔ **Build a** collection of work you are proud of

AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

● Further Digital Journaling courses

● Mindful Photography

● Computer Club

Suffolk County Council

REALISE FUTURES
Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY