Study Skills - Resources

- Unionlearn Learning@Home Campaign - https://www.unionlearn.org.uk/learning-home
- Study skills and library resources from Birkbeck -
  - http://www.bbk.ac.uk/student-services/learning-development/preparing-for-study
  - https://bbk.libguides.com/FreeAccessOnline
- Duolingo - https://www.duolingo.com/
- Openlearn - https://www.open.edu/openlearn/
- POA Learning - https://www.poalearning.org.uk/
- Unionlearn Climbing Frame - https://climbingframe.unionlearn.org.uk/
- Unionlearn SkillCheck - https://www.unionlearn.org.uk/skillcheck
Study Skills - Resources

- UNISON Cymru Wales Learning - https://padlet.com/speight_richard/1t5mh7iinyqp
- Birkbeck Resources - https://moodle.bbk.ac.uk/login/index.php
- Futurelearn - https://www.futurelearn.com/courses
- Coursera - https://www.coursera.org/
- Openlearn - https://www.open.edu/openlearn/
- Khan Academy - https://www.khanacademy.org/
- National Numeracy - https://www.nnchallenge.org.uk/unionlearn
- PEARL - https://www.unionlearn.org.uk/forms/pearl-adultlearning
- Higher Education discounts for trade union members - https://www.unionlearn.org.uk/higher-education-discounts-trade-union-members
Study Skills - Resources

• https://www.deakin.edu.au/students/health-and-wellbeing/counselling/topics-to-explore/mental-health/anxiety
• https://www.health.harvard.edu/blog/anxiety-in-college-what-we-know-and-how-to-cope-2019052816729
• WEA Online - https://www.wea.org.uk/online
• Adult Learning Wales - https://www.adultlearning.wales/
• National Careers Service - https://nationalcareers.service.gov.uk/
• https://vark-learn.com/the-vark-questionnaire/
• TUC Education courses - https://www.tuceducation.org.uk/mod/page/view.php?id=80789