

Mindful Photography for Wellbeing



Adult

On this course you will learn how to improve the composition of your photographs, and how to use the different camera settings to give more creative control. All sessions aim to encourage you to look for opportunities to create interesting images, and therefore give a specific focus to thinking and being in the moment. Taking time out from past worries or future anxieties. (loan cameras available or bring your own)

The course will cover: ISO Settings, Using Aperture and Shutter Speed for creative control, Understanding and Using RAW files, Perspective effects from focal lengths, lighting home portraits, Techniques for improving Landscapes, Macro Photography, and the use of a range of software that can improve your images.

The Road to Wellbeing courses are relaxed and informal, enabling you to improve your wellbeing and mental health by building your self-confidence and self-esteem. Attending our classes is also a great way of meeting new people and making friends.



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Cornwall College St Austell - As required



Find out more and
apply online



LEVEL No Qualification	DURATION 5 weeks
ATTENDANCE Part-time	FEES Tuition Fees: £0.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees

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may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and
apply online

