

Down to Earth

Rocks from the pressure cooker: Metamorphic rocks



A distance learning course for adults Commencing November 2026

KEY INFORMATION

COURSE TITLE:	Rocks from the pressure cooker: Metamorphic rocks & processes
LEVEL:	The course is designed for anyone interested in learning more about metamorphism and how metamorphic rocks are made and classified
DATES:	The weekly live Zoom sessions are on Mondays at 2pm or 7pm starting November 16. These Zoom sessions are a vital opportunity to interact with the tutor and fellow learners.
DELIVERY:	Course participants can access supporting materials in print form, or by Moodle and Email. Printed papers cost £25.00 extra.
COURSE TUTOR:	Chris Darmon
CONTACT:	email: downtoearth@geosupplies.co.uk or tel. 0114 2455746

WELCOME TO THE LEARNING ZONE...

We welcome everyone to our **Down to Earth learning zone**, whether this is your first time, or you are a regular! You'll be joining a community of learners across the UK who come together on a weekly basis in Autumn and Winter to discover more about our fascinating subject. We provide a relaxed learning environment in which we can all learn both from the tutor and each other. We'll be providing weekly materials that will lead you to find out more, doing your own bit of research on the internet, or even searching your own memory and sharing what you find with others. The course content is presented by live weekly Zoom meeting on Mondays at 2pm or 7pm, when you will be able to interact with the tutor.

Chris and Colin have many years experience of teaching adults. Together they will provide lively and also entertaining presentations on each Zoom session. Colin will be adding much to your learning experience both face to face and via Moodle our free educational learning platform.

To protect our materials, we must ask you to agree not to share them with anyone not enrolled on the course by any means, including email. This is a condition of you enrolling on this course.

INTRODUCTION TO THE COURSE

The course is all about the process of metamorphism and the metamorphic rocks that result. Metamorphism has a reputation for being hard to understand and has often been poorly taught. Our principle aim is to make the process easy to understand and appreciate, without recourse to complex issues around chemistry and physics or the use of lots of terminology. Metamorphism can be understood by anyone with a broad understanding of the basics of geology and most importantly, can be fun! We'll be making much of cooking analogies in our quest to make metamorphism easy to understand.

- To appreciate the range of different metamorphic rocks and be able to describe and identify them in the field
- To understand the different minerals that make up metamorphic rocks
- To establish the 'ground rules' of metamorphism
- To appreciate the different metamorphic rocks and their minerals
- To determine how best to classify metamorphic rocks
- To outline some aspects of Britain's metamorphic past

We recommend that you sit down and decide what you would like to get out of this course. Only by doing this will you be able to tell us if we are not delivering what you are looking for in the course. Your satisfaction is what we are seeking in everything that we do.

COURSE CONTENT

What follows is not intended to be prescriptive, but provides an overview of the topics to be covered in this course.

- **Let's look at metamorphic rocks** - a first look at some of the unique characteristics metamorphic rocks
- **Ready, steady cook 1 - the ingredients** - the minerals that make up metamorphic rocks
- **Ready, steady cook 2 - the processes** - the variables of the metamorphic process
- **How we classify metamorphic rocks** - it's all a matter of grade



- **Metamorphic rocks and plate tectonics** - metamorphic rocks and their tectonic settings
- **Don't get too close to the fire!** - a detailed look at contact metamorphic rocks
- **Who's for a hot, tight squeeze?** - a detailed look at regional metamorphic rocks
- **Japan & the Marquis of Anglesey's column!** - the strange rocks of island arcs
- **All stressed out** - rocks associated with major fault movements
- **Scotland's world famous metamorphic rocks** - the Lewisian, Moinian and Dalradian

Remember that this course is being presented in two halves. The first five session, ending on December 14th with the second half, a further five sessions beginning on January 18.

PRACTICAL POINTS

- To take part in this course, you'll need a computer, smartphone or tablet with access to the internet. You'll also need a valid email address - please supply this at the time of enrolment.
- Additional background material will be available as pdf files, or can be supplied in printed form by mail. A broadband connection would be very helpful, but is not essential.
- To access Moodle, Colin will give you some simple instructions and a password.
- To take part in the live Zoom presentations, you'll obviously need a camera and microphone.
- Shortly before the course begins you'll be sent the Zoom login and password which will be constant throughout the course.

THE COST

The cost of this course is £80.00 per person (or £100.00 for two people studying together). If you would like to have the background materials printed and mailed to you, this is an extra £25.00.

HOW TO ENROL

You can enrol by visiting our website and entering the online shop - look under courses - and payment can be made using a wide variety of cards.

www.geosupplies.co.uk
or you can ring us on 0114 2455746

You can also send a cheque to the following address (made payable to "Geo Supplies Ltd"):-

***Geo Supplies Ltd., 49 Station Road, Chapeltown,
 Sheffield, S35 2XE***

LOOKING FOR HELP OR ADVICE?

If you have any queries, please don't hesitate to contact Chris by email:-

downtoearth@geosupplies.co.uk
or you can call: 0114 245 5746

