

## What is the course about?

This is a 'Life skills' course for students with learning difficulties and disabilities.

The Essential Skills for Life are- communication skills, personal safety, personal hygiene, making choices, managing our own behaviour, time management, following instructions, following and changing routines, taking responsibility and problem solving.

The focus of this course is to further develop these underpinning skills, as the learner moves into adult life.

## What are the entry requirements?

There are no formal entry requirements for this Course.

Learners usually access the Course on completion of the full-time General Studies Programme.

## What subjects will I study?

The course is based around developing life skills, and is carried out both within UCM, and within the community.

Skills worked on include:-

Budgeting and managing money.

Shopping for and preparing meals.

Timekeeping and independent travel skills.

Developing communication skills.

Problem solving.

## How will I be assessed?

All students on GSM are given individual objectives, that are broken down into achievable targets. These objectives/targets are based on the Essential Skills curriculum, and individual to each student. Progress towards meeting these objectives/ targets are recorded during each session. New objectives/targets are set once students have achieved.

## What are my progression and career options?

Staff work collaboratively with other Services to establish and develop appropriate provision for the individual learner.

## Who should I contact?

Alison Higson – Programme Manager for Foundation Learning on 648238 or email [applications@ucm.ac.im](mailto:applications@ucm.ac.im)