

# Skills for Life

UNLOCK YOUR FUTURE

## Ready for your future?

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...It's your next move





# The Skills for Life course

Skills for Life is a three year Rehabilitative Training course which is funded by the HSE, run by Saint John of God Kerry Services and based in Munster Technological University at the Tralee campus.

## Supporting you

- To achieve nationally accredited QQI awards
- To develop your communication
- To experience a greater level of independence in your life and your community
- To grow your individual interests & confidence
- To enjoy university life, community and leisure

COMMUNICATION

EDUCATION

INDEPENDENCE

PERSONAL  
DEVELOPMENT



## Overview

This is a three-year full-time course, five days a week for 48 weeks of the year. Sample days are offered to students to support transition from school to university.

## Location

Skills for Life is located in Munster Technological University (MTU) (formally Tralee Institute of Technology) since 2007. Being based in MTU allows the students access to the facilities, such as Kerry Sports Academy, libraries, performing arts studios, catering and computer labs. There are also a number of collaborative classes with students from other courses in MTU such as, Health and Leisure (adapted physical activity, swimming and outdoor activities) and Social Care.

## Qualifications

This course supports students to achieve Quality Qualification Ireland (QQI) qualifications. These are internationally recognised and are either accomplished through our partnership with National Adult Literacy Agency (NALA) or directly through QQI accreditation. Together these make up General Learning Certificate levels 1 and 2, which can be used for further education/courses.



## Everything you need know

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## start learning here

# Our Partners



**Saint John of God  
Community Services**  
Hospitality ~ Compassion ~ Respect



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**MTU**  
Ollscoil Teicneolaíochta na Mumhan  
Munster Technological University



**QQI**  
Quality and Qualifications Ireland  
Dearbhú Cáilíochta agus Cáilíochtaí Éireann

**NALA**  
National Adult Literacy Agency



## New Directions

New Directions delivers individualised outcome-focused supports to allow adults using those services to live a life of their choosing in accordance with their own wishes, needs and aspirations.

<http://nda.ie/Good-practice/Standards/Interim-Standards-for-New-Directions-Services-and-Supports-for-Adults-with-Disabilities/Easy-to-Read-Guide-.pdf>





# Entry Criteria

## Skills for Life Admission Criteria

- The student must be referred by the HSE Disability Officer
- The student must be over 18 years
- The student must have a mild- moderate intellectual disability



# Your Transition

## We will help you every step of the way

This course is committed to providing an inclusive & welcoming community framework for individuals from various educational backgrounds.

Being in a university might seem overwhelming. We will support you to get around the campus and support you through all the coursework. From beginning your course right up to graduation we will be here with you.

We hope that you will have an experience you'll never forget.



# The Course

○ Ready for your future?



# The Course

As the Skills for Life course is located on the Tralee campus of the MTU with use of its resources, you will be studying alongside students from other courses in many different areas.

**The course covers 9 areas of study which include the following:**

1. Course Determination Phase
2. Independent Living
3. Community Inclusion and Social Participation
4. Self Care Skills
5. Personal Development
6. Leisure, Arts and Culture
7. Information Technology
8. Numeracy and Literacy
9. Future Options with Work Experience

## Quality and Qualifications Ireland (QQI)

QQI is an independent state agency responsible for promoting quality and accountability in education and training services in Ireland and to approve programmes offered at a variety of schools and universities, as well as further and higher education and training institutions.

**Choices of QQI Courses including:**

- Writing
- Reading
- Personal Care
- Data Handling
- Life Science
- Personal Safety
- Using Technology
- Setting Learning Goals
- Health Related Exercise
- Horticulture
- Food Choice and Health
- Speaking and Listening
- Speaking Without Words
- Quantitative Problem Solving

If you would like more information see [www.qqi.ie](http://www.qqi.ie)





# Life Skills



## Independent Living

Students will study various skills needed to become more independent which includes, budgeting, kitchen hygiene and preparation of meals. Personal safety which includes looking at the dangers and risks in our community, at home and in the work place.

You will be using numeracy training for practical use and you will learn how to budget and use timetables.



## Community Inclusion

This module covers becoming a part of your community. It involves using community facilities and public transport. Being safe in the community is very important. Travel training and using public transport is integrated into the course.



## Social Participation

You will have the opportunity to visit places of interest to you. Take part in leisure activities including cinema, bowling, theaters, overnight trips, evenings out, pubs and restaurants and nights out with your class mates.

You will also take part in presentations in different subjects for national organisations.







## Personal Development

Along with continuing your academic success, this course enables you to grow and mature. We want to make each of our students as independent as they can be. You will be ready to make important life choices. You will be following your own individualised plan, fully supported by staff so you can achieve your full potential.

At the end of this course you will have a better understanding of your rights and responsibilities. You will take part in the sexuality and relationship programme which is about your body and the different types of relationships that you may have in your life, now or in the future.

We will also support you with traveling independently.

## Self-Care

Becoming as independent as possible in caring for oneself, such as personal appearance and personal hygiene. It involves looking at health and exercise and the importance of healthy eating.

Personal identity, relationships and sexuality are an integral part of this module.

Workshops led by professionals in different areas including:

- Mental health
- Physical health
- Well-being

## Leisure, Arts and Culture

Skills for Life students are active and supported in a variety of activities.

Our students are actively involved with the Health and Leisure students in MTU where they participate in a variety of activities such as sports, nature studies, the gym and adventure sports.



## Future Options/Work Experience

This module involves identifying what is work & how to get a job. It looks at writing a CV & learning interview skills. As part of the course each student will complete a work placement in third year.

## Technology

Each individual in the programme will have access to their own iPad for the entire duration of the course.

Technology skills aims to provide students with the up to date skills necessary to use technology independently. Daily use of smart phones, ATM card, internet and using social media.





# Your Graduation

Your graduation is a very important part of the course. You will graduate alongside all other students of MTU.

This offers public recognition for completing the course as well as offering an occasion for your family and friends to celebrate your achievement as part of your graduation.

# Testimonials



*I learnt a variety of subjects, including QQI classes, technology, and more. I also went to the gym, swimming, the movies and out to eat. I met a lot of friends with whom I am still in contact. I had a great time on the overnight excursion to Cork.*

- past student

*The course has been brilliant and has far exceeded our expectations. It has fostered friendships with other students which will endure. His confidence and independence has grown immeasurably. A decision well made!*

- parent



*I like going to MTU because it is great experience and I like to learn. It is good to make new friends and I get on great with them. I enjoy their company because they are gas craic. We do communication time every morning and there are new things that we do in the college every day.*

- current student

*I liked going to college because I made a lot of friends. I learnt a lot like Maths and English and Reading. I loved cooking and technology. I used to be a student rep and went to lots of meetings. Everyone here is so nice, thanks to everyone for everything that you did for me.*

- past student







# Skills for Life

## The Future

Your individual pathway...what you want

As well as studying a varied and interesting course you will be able to tailor parts of your course, such as work placements, pursuing individual interests and looking into future courses.







## Saint John of God Kerry Services

Saint John of God Kerry services supports and provides training, employment, social and residential programmes for over 300 children and adults with intellectual disabilities.



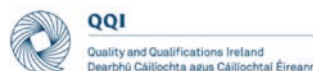
## HSE

Health Service Executive is dedicated to providing a high quality health service for all. To ensure the people of Ireland have access to safe, compassionate and quality care when they need it.



## Munster Technological University

To lead change and, through education, empower people for a successful future in a globalised world.



## National Framework of Qualifications

The National Framework of Qualifications is the national framework in which all learning achievements are measured and quality assured by.

Quality and qualifications Ireland (QQI) is responsible for developing and promoting the National Framework and facilitates the recognition of foreign qualifications. Skills for Life offers training and education in QQI levels 1-2.



## National Adult Literacy Agency

The National Adult Literacy Agency offers free online modules to those with learning difficulties across Ireland. They offer training support in basic literacy, financial literacy, health literacy and workplace education. NALA provides professional assistance and services to support organisations to be accessible to those with learning difficulties.



**The future  
looks bright.**



# Skills for Life

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For more information please contact us.

## Skills for Life

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Saint John of God  
Community Services  
Hospitality – Compassion – Respect



QQI  
Quality and Qualifications Ireland  
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