



# Certificate in LifeSkills Studies

**This three year course is for students with an intellectual disability and comprises of three modules.**

## Modules

- **Personal Effectiveness** - Commencing 23rd October 2013, this module enables the student to acquire the interpersonal skills necessary to support their ability to participate in their communities. Students will learn about their rights and responsibilities as well as personalised planning and advocacy.
- **Maths for Living** - This module focuses on applying mathematical skills to a variety of everyday living skills such as shopping, cooking, managing money, budgeting, and using timetables.
- **Health and Well Being** - This module will enable students to acquire the skills necessary to maintain positive physical and mental health. It will focus on developing the students understanding of maintaining a healthy lifestyle in all aspects of their daily life.

On completion of all three modules, students will receive a Certificate of Engagement and Participation from St. Angela's College.

**Module Duration** - 14 days in total (09.00 a.m. – 5.00 p.m.)

**Semester 1:** Wednesday 23<sup>rd</sup> October, then every second Wednesday for four weeks.

**Semester 2:** Wednesday 15<sup>th</sup> January, then every second Wednesday for eight weeks.

## Who Should Apply?

Admission to this module is open to applicants who are:

- 18 years of age or older on enrolment
- Have an intellectual disability
- Committed to ongoing learning and personal development

## Admission Process

Applicant completes and returns the application form **on or before 26<sup>th</sup> July 2013**.

Each applicant will be called for an individual interview which will take place on **23rd & 24th September 2013**

Students will then be selected & informed by post.

## Module Fee

The fee €450, payable at the commencement of each module. However, if all three modules are paid in advance, the cost is €1,200 payable at the start of the first module.

**CLOSING DATE FOR APPLICATIONS: FRIDAY 26<sup>th</sup> JULY 2013**

## Application Forms and General Enquiries:

Ms Chris Jackson, Course Administrator

Department of Nursing, Health Sciences and Disability Studies

St. Angela's College, Lough Gill, Sligo

T: 071-9135603 E: [cjackson@stangelas.nuigalway.ie](mailto:cjackson@stangelas.nuigalway.ie)

W: [www.stangelas.nuigalway.ie](http://www.stangelas.nuigalway.ie)





**St. Angela's College, Sligo**  
**Coláiste San Aingeal, Sligeach**  
*A College of NUI Galway*

## Certificate in Lifeskills Studies



**NUI Galway**  
**OÉ Gaillimh**

# Programme Overview

This is a three year part time certificate course for students with an intellectual disability. It comprises of three modules. Students take one module each year. The first module students complete is entitled 'Personal Effectiveness'. This module enables the students to acquire the interpersonal skills necessary to support their ability to participate in their communities. The second module is entitled 'Maths for Living' and it focuses on applying mathematical skills to a variety of everyday living skills. The third module is called 'Health and Well Being'. This module enables the students to acquire the skills necessary to maintain positive mental and physical health. Each module is 11 days duration with 100 contact hours. Each module also consists of 30 hours of self-directed study. Students attend college on alternate Wednesdays.

## Modules

The first module which students will complete is entitled “**Personal Effectiveness** “. This module will enable the students to acquire the interpersonal skills necessary to support their ability to participate in their communities.

Students will learn about their rights and responsibilities as well as personalised planning and advocacy.

The second module which students will undertake is “**Maths for Living**”. This module will focus on applying mathematical skills to a variety of everyday living skills such as shopping, cooking, managing money, budgeting and using timetables.

The third module is called “**Health and Wellbeing**”. This module will enable students to acquire the skills necessary to maintain positive physical and mental health. It will focus on developing the students understanding of maintaining a healthy lifestyle in all aspects of their daily life.

## **Module Duration**

11 days in total—9.00am—5.00pm

## **Semester 1**

Wednesday 12<sup>th</sup> October, then every second Wednesday until 7<sup>th</sup> December 2016.

## **Semester 2**

Wednesday 18<sup>th</sup> January 2017, then every second Wednesday until 29<sup>th</sup> March 2017

## **Who Should Apply?**

Admission to this module is open to applicants who are:

- 18 years of age or older on enrolment
- Have an intellectual disability committed to ongoing learning & personal development

## **Admission Process**

1. Applicant completes and returns the application form on or before 27<sup>th</sup> July 2016.
2. Each applicant will be called for an individual interview which will take place on 20<sup>th</sup> & 21<sup>st</sup> September 2016.
3. Students will then be selected and informed by post.

## **Certificate**

On completion of all three modules, students will receive a Certificate of Engagement from St. Angela's College.

## **Module Fee**

The fee is €450 per module and can be paid at the commencement of each module. However if all three modules are paid in advance the cost is €1,200.

**The closing date for applications is  
Wednesday 27th July 2016.**

## **How to apply**

Application forms are available from course co-ordinator

Carmel Jennings.

Carmel can be contacted on 071 91 35628 or at

[cjennings@stangelas.nuigalway.ie](mailto:cjennings@stangelas.nuigalway.ie)







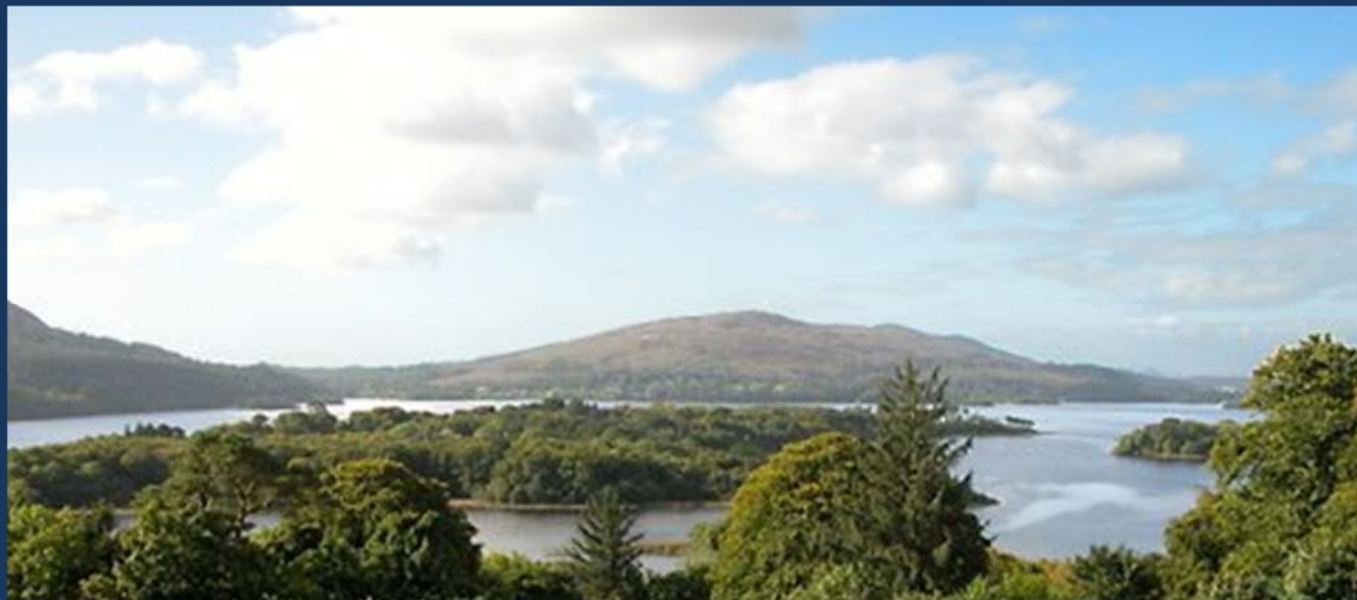




# **St. Angela's College, Sligo**

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