

Exploring Life Skills Entry Level 1

This course is designed for young people aged 16-18, or up to 24 with an EHCP who have Special Education Needs and/or a Learning Difficulty.

You will be working at Entry Level 1 and will improve your independence and personal social skills.

This course links to preparing for adulthood outcomes with a focus on the transition to adulthood, independent living and employability pathways leading into paid or voluntary employment.

- [Sector Overview](#)

Post 16 SEND provisions offer a range of courses to young people who have special educational needs and disabilities (SEND) which will help to prepare them for adulthood by improving independent living skills and developing employability. A person-centred approach is used to create an individualised programme of study that caters for the student's needs and helps them to achieve their goals.

- [Entry Requirements](#)

The entry requirements for this course are:

- Working towards Entry 1

- [What will I study?](#)

This course consists of the following modules:

- Numeracy
- Literacy
- Life skills
- Enrichment
- Personal, social and health education (PSHE)
- Embedded soft employability skills
- Entry Level 1 Gateway qualification in independent living skills

- [How will I be assessed?](#)

You will be assessed via:

- Interview with Parent/Carer support
- A written task (if possible)
- Assessment of English and Math (if possible)

These are completed in a supportive and informal manner.

- [Enrichment](#)

Exploring Life Skills learners will participate in enrichment sessions such as cooking, art, trips or sport/fitness programmes in the College's Student Common Room, Sports Hall or at the local YMCA Leisure Centre.

- [Work Experience](#)

Disclaimer:

Every effort has been made to ensure the details contained in this leaflet are up-to-date and accurate at the time of printing. However, the College reserves the right to alter or cancel courses, their content, entry requirements, fees or other details should circumstances dictate.



You will be offered opportunities to actively engage and take part in experiential events to improve your personal development.

- [Progression opportunities](#)

Successful completion of this course will lead to:

- Entry Level 2 courses

- [Alumni](#)

Waltham Forest College is a vibrant and aspirational college and will support you to reach your career aspirations. Last year 96% of learners progressed onto a positive destination either to higher levels of study, employment, or an Apprenticeship.

Odusina B's parent - 'My son has made tremendous progress at this College. His ability and knowledge continue to grow every day and I am pleased to say that he will be progressing next year.'

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