

Welcome to Foundation Studies Life Skills



This is Carly, the course leader for Foundation Studies, her and the other staff say: "we can't wait to welcome you to Keighley College! You're sure to make new friends and have a lot of fun! We have so many fun and exciting activities planned to help develop your independence, and lovely staff ready to help you learn. See you soon!"

About this course:

This course aims to equip students with the skills and knowledge required to live as independently as possible and to prepare them for adulthood. This course aims to build students' confidence so that they may lead independent, fulfilling and happy lives.

Requirements: an EHCP

Modules:

- English (reading, writing, speaking and listening, handwriting, typing skills, spelling, punctuation and grammar)
- Maths (handling money, telling the time, budgeting, problem solving and practical maths)
- Cooking
- Cleaning
- Communication
- Social skills and friendship
- Personal care
- Travel
- Community
- Health and fitness
- IT skills
- Personal and social development (managing risk, drug and alcohol awareness, sexual health, online safety and what to do in an emergency)

A student's experience on Foundation Studies:

Aiden said "I like meeting new people, I really enjoy my lessons and I've made lots of new friends"

Next steps after this course:

There are a range of options for you after studying this course with us including: employment, voluntary work, joining a social group, independent living or another one of our courses (supported internship, pre-internship or a mainstream course).

Until you arrive at college, keep checking our website, social media and Applicant Hub for updates and even some activities to do before we meet you in September.

