

## Life Options (Level 1)

South Lanarkshire College

### Content

The Life Options courses are designed for adults who require additional support for learning. The focus of all our courses is to develop core skills and promote independent living and personal development.

Teaching takes place in small groups, with teaching and learning styles adapted to suit the needs of the students in the class. The course will include elements of social skills, drama, personal development, independent living, literacy and numeracy, safety and security.

A three-year plan is followed with units in each block centred around the key themes of Independent Living, STEM, Meta-skills and Creativity.

### Start Date

September

### Qualification

Other

### Study Method

Part time (day)

### Course Length

3 years

### Department

Supported Programmes

### Entry Requirements

Course entry is subject to interview to assess which level is best for you.

Students who require their own additional support, for example during breaks and lunch time, require to have this in place before starting the course.

### SCQF Level

1

### Progression Routes

«ProgressionRoutes»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

College Way  
East Kilbride  
G75 0NE

## Website

www.slc.ac.uk