

Introductory Skills Training Programme

I.S.T. is suited to individuals interested in gaining further qualifications and sampling various work experiences. There is a strong focus on strengthening confidence, team work and social skills.

This full time course is for a maximum of 18 months.

- Monday to Friday is 9am to 3.45pm.
- Friday is 9am to 2.30pm.

A 6 week work placement(s) is a core part of the programme. This will be arranged by the instructor/trainee

Certification offered is FETAC level 3 Employability Skills – Major Award (60 credits needed)

Mandatory modules (these must be completed and passed for major award):

- Applications of Number (maths) – 5 credits
- Career preparation – 10 credits
- Computer Literacy - 10 credits
- Communications– 10 credits

Optional Modules: (3 needed)

- Word Processing – 10 credits
- Internet – 10 credits
- Spreadsheets – 10 credits
- Health & Safety – 10 credits
- Personal & Interpersonal Skills – 10 credits
- Work Experience – 10 credits
- Desktop Publishing – 10 credits

Recognised Prior Learning – You may be able to get exemptions for Junior Cert, Leaving Cert & FETAC awards for some modules

Non Certified Modules:

- Self Advocacy
- Healthy Lifestyles
- Cultural Awareness
- Creative Activities
- Literacy Support (Limited hours in small groups may be available)

Progression Options:

- Further Education
- Employment
- Other programmes in National Learning Network (depending on suitability). These are at FETAC level 4 in Catering, Pc Maintenance, IT and Employer Based Training.

Further information:

National Learning Network, Raheen Business Park, Limerick

www.nln.ie or 061 229777 or find us on Facebook