



QFI AWARD

EVOLVE

Looking Good



QFI Level 2

Personal Care

M2H14



Course Information Book





Who can do this course?



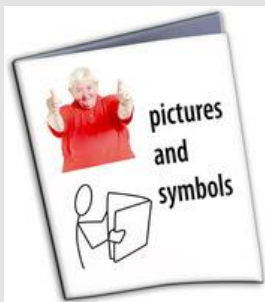
This is a QCI Level 2 course.



This course is for anyone who wants to take care of how they look.



We can support you with communication, reading and writing.



We will use pictures, symbols and DVDs to help you learn.



Who can do this course?



This course will support you to look well and find your own style.



It will support you to be more independent.



Who can do this course?



Before you apply for the course, check you understand and are happy with:



- The learning goals



- The assessment you will have to do



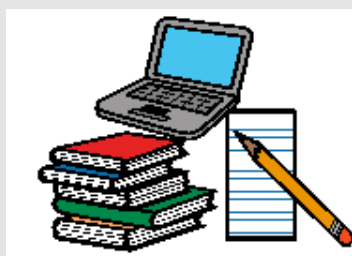
- The time the course will take.



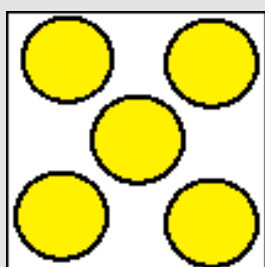
How long will the course take?



This course will take around 25 class hours.



You will do work in class and some work at home.



This course is worth 5 credits.



The trainer will tell you how many weeks the course will be on for.



How long will the course take?



The trainer will tell you how long each class will last.



Ask staff in your centre for more information.



What assessments will I have to do?



The assessment for this course is called a portfolio.



You keep all the work you do on the course in a folder.



This folder shows the information and skills you have learnt on the course.



Your work will be assessed at the end of the course.

This means your folder will be checked.



What assessments will I have to do?



The people looking at your work decide it is good enough to pass or that you need to do some more work.

Your work will be assessed by:



Your trainer



Another person from St. Michael's House



A person from QQI

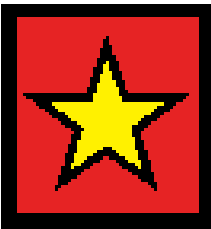


What will I learn on this course?



On this course you will:

Think about the things you do every day to keep yourself clean and looking good.



Find out why it is important to care for yourself every day.



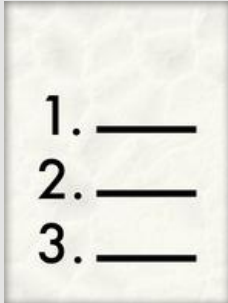
Learn what happens if you don't care for yourself and keep clean.



Learn about different things you can use to help stay clean, healthy and looking good.



What will I learn on this course?



Set up and follow a plan to support you to look good.



Learn a skill to support you to care for yourself more independently.



List the things you own which are important to you.
Say where you keep them and how you keep them safe.



Think about different styles and how people look.
Find out about your own style and look.



Where is this course on?



This course will be on in centres in St. Michael's House.



It may also be on in different places in the community.



Ask staff in your centre for information.



You can also contact Teresa or Paula for information.



Where is this course on?



Ring Teresa on

01 299 0565



Email teresa.gadd@smh.ie



Ring Paula on

01 862 2458



Email paula.smyth@smh.ie



How do I get a place on this course?

Application Form

Name

Address

Education

Work Experience

Ask staff in your centre for an application form.



Fill in the form.



Send it to Teresa in Goatstown.



Or send the form to Paula in Santry Hall.