







This is about a QQI Major Award at Level 2 on the National Framework of Qualifications.



Different QQI courses make up this Award.

You will find a list of these courses at the back of this booklet.



All these courses will support you to learn more about yourself and make your own choices.



These courses will support you to think about your skills and talents.



The courses will help you to learn new skills and to be more independent.



Some of the courses will support you to stay healthy and feeling good.

For example, courses on healthy eating, being active, or relaxation.



You can learn about different things, such as, computers or technology.



Some of the courses could help you find a new interest or hobby, for example, gardening, music, or drama.



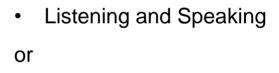
You need to do six QQI courses to get this Major Award.



You must do the course called Know your Money.



You must do one course about communication.
You can choose either





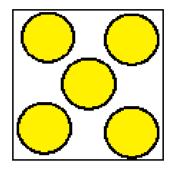
More than Words.



You can choose any other four courses from the list at the back of this booklet.



You will need to do a portfolio of work for each course.



Each course is worth 5 credits.

You need 30 credits to get the Major Award.



The courses will run in day services and in the community.



Ask staff in your centre for information.



You can ask also talk to Teresa or Paula.





Computer Skills



Drama



Gardening



Get Active Get Fit



Healthy Eating



Know your Money



Listening and Speaking



Looking Good



More than Words



Music



My Choices



My Safety



Relaxation



Using Technology