QUEEN ALEXANDRA COLLEGE BIRMINGHAM

Queen Alexandra College
STUDENT COURSES

Preparation For Life (PFL)

Programme Outline:

The Preparation for Life (PFL) course enables all students who have learning disabilities to develop the skills they need to participate as citizens within the community.
PFL is continuously developing exciting new opportunities and programme content. We recognise that additional qualifications may not be the priority for our learners. We are able to take the outcomes stated in their EHCP and carry out a thorough baseline assessment to develop an individual programme.
PFL programmes are not specifically designed around academic levels. If the students are lacking in other essential life skill areas which are or may become barriers to their aspirations then they can work on individually challenging targets to address this within a group of their peers.

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Quality is assured through the RARPA (Recognising and Recording Progress and Achievement) process and underpinned by a rigorous internal verification. This ensures that our students have sufficiently challenging and individually relevant targets to work towards. QAC is also part of a group of colleges who externally verify each other to ensure high standards.
The Preparation for life Programme has been developed using a series of pathways and each pathway supports the type of learner within.

We cater for a range of academic levels up to and including Entry level 1/2.

Pathway 3 – Self-Expression and Community

The aim of Pathway 3 is to assist our students on their unique and personal journey and is designed for learners who have a range of cognitive impairments that cause difficulty in learning the skills for everyday life and work. The main objective is to improve their self-expression and interpersonal skills. Students will be taught effective ways to express their thoughts and feelings, enabling better communication with others.
Our students will discover themselves through the carefully curated activities and experiences that will not only boost their confidence but also allow them to discover their talents and make decisions about their future in line with their targets and goals.

Throughout the pathway, students will develop their independence and will be



encouraged to use this skill to make independent choices and judgments that align with their personal goals and values. These skills will be essential as they progress in their journey towards greater independence and self-advocacy.

The program has been developed to:

- ∉ Encourage students to make contributions through communication
- ∉ Promote independence by developing active engagement within the community
- ∉ Support students to develop friendships and build positive relationships with others
- ∉ Provide strategies to help students to regulate emotions
- ∉ Encourage independence
- ∉ Help students to take a more active part in their community
- ∉ Develop a range of practical and/or creative skills
- ∉ Develop social skills and an awareness of others
- ∉ Enhance communication and self-advocacy skills
- ∉ Help students begin to determine their own learning through the achievement of personalised learning goals
- ∉ Develop confidence and self esteem

English and Maths:

Functional English and Maths embedded via the curriculum.

Progression:

- Most students will progress within PFL pathways 3 or 4.
- Some may go onto the LEAP Hub programme which continues with qualifications at Entry 3 or Level 1 for those who have a specific work destination in mind.
- Occasionally students gain the necessary skills to go straight onto a vocational programme at Level 1 – 3.
- Some students go into Adult Social Care being able to cope with other situations more effectively after their time at QAC
- Some gain supported voluntary work
- Others access direct payments and follow an individual programme of activities in the community.