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.

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.
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.

Pathway 4 – Life and Employment Skills

Our pathway 4 empowers learners to develop essential life skills, enabling them to navigate everyday challenges and transfer their skills into the community and supported employment. Learners on this pathway may start with the ability to understand the concept of goals and aspirations although they still need support and guidance to identify the steps needed in order to achieve them. They have an awareness of their current skill set and are working towards being able to identify their strengths, weaknesses, and areas for improvement. They are developing skills around self improvement, through regular reflections which stretch and challenge their thinking.

Their teaching will be delivered in a person centred environment where expectations will remain high.

The program has been developed to:



- Motivate students to set high standards for themselves
- emphasise the significance of independence
- equip learners with skills that can be seamlessly applied in the wider college and community settings
- Acknowledge the importance of communication skills in diverse contexts, from social events to work placements
- Teach students how to manage their emotional needs
- Develop strategies which may help with the student's ability to self regulate
- Show how the student's behaviour and attitude affects them and others
- Teach the importance of self-reflection to support the student's personal growth

English and Maths:

Functional English and Maths embedded via the curriculum.

Progression:

The aim for each learner on this pathway is to transfer their skills and knowledge into the wider community. This could be through:

- Supported Internships
- Our Leap Courses
- Our Vocational courses
- A voluntary position
- Paid employment

