

# Skills for Life Programme (S4L) 2023/24

In Year 12, in addition to the Co-educational Enrichment Programme provided in collaboration with Dulwich College, we have also developed the "Skills for Life" Programme.

Upon leaving school it is vital that you are equipped with the skills necessary to excel at university, in employment and as a well-rounded individual. The programme involves three 9-week courses (1 period per week). All students will complete the Thinking Skills course. You will also need to choose two courses from the following:

- First Aid at Work
- MOOC's 'massive open online courses'
- MOS (Microsoft Office Specialist) certification
- Maths for Scientists

Basic life support (CPR)

Further information about these exciting and useful opportunities can be found below. You will receive an email shortly from Dr Peacock which will allow you to make your choice. Please follow all instructions carefully, especially regarding the deadline.

#### Thinking Skills (completed by all)

This is a 9-week course designed to equip you with the intellectual skills necessary to thrive in the 21st Century. It will encourage you to be more critical and analytical in your own thoughts, enable you to pinpoint flaws and weaknesses in other people's arguments, and show you how to use the logic of reasoning to create more persuasive arguments of your own. Along the way we will be looking at, amongst other things, post-truth politics, fake news, holocaust denial, conspiracy theories and Monty Python.



## EFAW Level 3 Award in Emergency First Aid at Work (RQF)

This national Award in Emergency First Aid at Work satisfies the requirements of the regulatory body for First Aid the Health and Safety Executive (HSE). By the end of the course, students will have the skills and knowledge to provide treatment to casualties in a prompt, safe and effective manner, in the event of an individual injuring themselves or falling ill, both in the workplace and beyond.

Students will be equipped with the knowledge, skills and confidence to handle a wide range of emergency situations and will be able to administer the right treatment swiftly and decisively during a crucial emergency moment. Weekly sessions cover a wide range of subjects in theory and practice, including:

**Epilepsy** 

Responsibilities and reporting Dealing with an unresponsive casualty

Assessment of the situation Minor injuries

AED awareness Basic hygiene in First Aid

Anatomy Bleeding control

Choking Shock

The qualification will be assessed through practical demonstrations, oral questioning and written assessment. The qualification lasts for 3 years.

## MOOCs (Massive Open Online Courses)

MOOCs are web based courses provided by universities around the world. There are several providers of MOOC platforms globally but in the UK, the most common provider is FutureLearn (an offshoot of the Open University). At any one time, they have over 2000 interesting, exciting and accessible self-guided courses available on a variety of interesting topics.



The length of each course varies but 9 weeks should provide time to complete at least one. There will be the opportunity to upgrade your course in order to take a test and get a qualification at the end. All students who undertake this option must produce a presentation at the end to demonstrate what they have learnt.

Why do it? In the short term, it gives you the chance to study a topic that really interests you by following some guided activities. Longer term, this super-curricular activity will provide great evidence of your passion, interest and enthusiasm for a particular subject or your general intellectual curiosity. University Admissions Tutors love to see this evidence on your university application form!

#### Online course categories

Find your interests by browsing our free online course categories. Start learning with top universities and specialist organisations.



(Visit: www.futurelearn.com to see the names of the different courses)

## Microsoft Office Specialist Certification

The Microsoft Office Specialist (MOS) programme is Microsoft's own, internationally-recognized certification for users of the Microsoft Office suite (Word, PowerPoint, Excel, etc.), covering both basic use and advanced techniques – for example mail merge, conditional formatting, and use of formulas. This is a great way to prove to potential employers that you have the skills to use programmes which are essential to a modern business environment; it will also be useful if you need to develop the ability to present and analyse data in future study or work.

There is a separate course for each Office product; in the time allocated within school you could hope to achieve certification for at least one, and possibly more. Courses are delivered entirely online, with an initial skills assessment followed by training and practice, and you achieve certification by sitting a 50-minute skills-based test in school, during lesson time.

#### Maths for Scientists

This is a short course that we very strongly recommend you choose if you are taking chemistry without maths. This course covers all the maths skills needed in year 1 and year 2 of Chemistry A-level. It will also be valuable for any non-mathematician pursuing A level Physics or planning a science university application. The use of maths is required for 20% of the marks in the final exams and assessments. The course will go into detail in:

- Calculations
- Equations and formula
- Units
- Graphs skills
- · Handling data
- Geometry

We will look at creating clear study notes and use step-by-step examples in the context of Chemistry and Physics.