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BE WHO YOU WANT TO BE

COURSE GUIDE
SKILLS FOR LIFE

TOTTON
COLLEGE

Life at Totton College

At Totton College, we are committed to providing a vocational education and training centre of excellence for all of our students. We offer a wide range of learning opportunities for young and adult learners, enabling them to develop confidence and self-esteem, and to gain skills and qualifications for their future.

What are Skills for Life?

Skills for Life provide the foundations required for progression to employability and to higher levels of training. The majority of qualifications are at Entry Level or Level 1 (below A-C grade GCSE) and cover areas such as maths, English, health and wellbeing, employability/enterprise skills, citizenship and thinking skills. Some Level 2 and Level 3 Skills for Life courses are also available.

Who can study Skills for Life?

Skills for Life courses are available to anyone over the age of 14, no matter what qualifications they already have. They are ideal for learners who have experienced difficulties in mainstream education and may have barriers to learning, including learning difficulties and disabilities, along with ESOL learners. The majority of students will also need support in gaining valuable life skills and help with independent living.

What courses are available?

Totton College offers a range of courses from Entry Level to Level 3. See opposite for details.

Entry level

14+ or with grades **below E or F**

Personal progress
Vocational studies
Enterprise
Employability & progression
Independent living skills

E

Level 1

14+ or with mostly grades **E or F**

Health & safety
Vocational studies
Business skills & customer service
Employability & progression

1

Level 2

Mostly grades **D or E**

Health & safety
Business skills & customer service
Employability & progression

2

Level 3

5x grades **A-C**

Employability & progression

3

For more information or to refer a student to us, please contact:

Call **02380 874 874** (ext. **700**)

Email **info@totton.ac.uk**



Contact us

Totton College

Water Lane, Totton, Southampton,
SO40 3ZX

Call **023 8087 4874** (ext. 700)

Email **info@totton.ac.uk**

Fax: 023 8087 4879

Textphone: 0800 95 95 98

totton.ac.uk

Opening times

Term time:

Tuesday and Thursday 8.30am – 9.00pm

Monday, Wednesday and Friday 8.30am – 4.30pm

Non-term time:

Monday to Friday 9.00am – 4.30pm

Totton College is part of **Nacro**, a social justice charity

