



Life Skills Programme Overview

The **Life Skills Programme** is designed specifically for international students engaging with British education from their home countries. This innovative programme aims to bridge the gap between academic success and personal development, offering a modern approach to education. It provides students with the tools they need to excel academically, thrive socially, and build resilience in an ever-changing, globalised world. By focusing on life skills, the programme ensures students are prepared to face future challenges with confidence and adaptability..

Programme Highlights

1 Key Skill Development

The programme goes beyond traditional academics, addressing the key areas essential for a well-rounded education. It covers a range of life skills that enhance students' abilities in personal management, social interaction, and career preparation. From effective communication to managing stress, the programme ensures students are equipped to navigate their personal and professional lives successfully.

3 Practical Skills

Through engaging and hands-on activities, the programme develops essential skills such as effective communication, emotional intelligence, and independent problem-solving. Students gain the confidence to interact and collaborate in diverse settings while learning the value of empathy and adaptability.

2 Cultural Appreciation

With a focus on fostering respect and understanding, the programme helps students celebrate their cultural and religious identities while cultivating a global perspective. By exploring diverse traditions, customs, and viewpoints, students learn to appreciate and embrace cultural diversity, preparing them to work and live in multicultural environments.

4 Ongoing Support

Continuous guidance is provided to students throughout the academic year to ensure they are progressing effectively. The programme includes regular check-ins, feedback opportunities, and tailored support to help students achieve their goals.

Flexibility and Bespoke Design: Recognising that students have unique needs, the programme offers a flexible curriculum. Key topics and learning activities can be customised to align with the specific requirements of the group or individual students, making it a truly bespoke learning experience.

Structured Duration: The programme runs for **one academic year**, with a balance of **1 hour of face-to-face sessions per week** and **1 hour of self-study** or independent activities. For students unable to attend in person, the programme can be delivered in a similar format online, maintaining its effectiveness and accessibility.

Key Skills and Programme Features



Interpersonal and Communication Skills

Students enhance their ability to communicate clearly and effectively, both verbally and non-verbally. The programme also emphasises the development of empathy, helping students build meaningful relationships and navigate social settings with ease.



Critical Thinking and Problem Solving

The curriculum encourages students to think analytically, assess situations critically, and make informed decisions. Through practical exercises, students develop the ability to solve complex problems independently and with confidence.



Employability

By focusing on professional skills, the programme prepares students for future career success. Topics include time management, professional etiquette, workplace communication, and interview preparation, ensuring students are career-ready upon completion.



Adaptability and Resilience

In today's fast-paced world, adaptability is key. The programme helps students develop a growth mindset, teaching them how to remain calm under pressure and respond positively to challenges and change.

Healthy Living and Fitness: A focus on physical and mental well-being is integrated into the programme. Students learn about the importance of healthy habits, including regular exercise, balanced nutrition, and mindfulness practices, to maintain a balanced lifestyle.

Assessment

1

Portfolio Development

Students create a portfolio documenting their progress and achievements throughout the year. This portfolio includes completed activities, reflective journals, and evidence of skill acquisition, providing a tangible record of their growth.

2

Scenario-Based Challenges

Students engage in independent tasks that simulate real-world situations. These might include solving practical problems, preparing presentations, or participating in cultural exchange projects. These challenges assess creativity, critical thinking, and the practical application of learned skills.

3

Self-Assessment and Peer Feedback

Students are encouraged to evaluate their own progress, identifying strengths and areas for improvement. Peer feedback further supports their growth by offering diverse perspectives and constructive suggestions.

4

Certification

Upon successfully completing the programme, students receive a certification acknowledging their hard work and the skills they have developed. This recognition can enhance their CV and demonstrate their commitment to personal and professional growth.

Programme Outcomes

Confidence and Navigation

Possess the confidence to navigate complex situations in academic, social, and professional contexts.

Cultural Understanding

Have a deeper understanding of their own cultural identity and the ability to appreciate diverse perspectives.

Independence and Resilience

Demonstrate independence, adaptability, and resilience in tackling challenges.

Critical Skills

Show evidence of critical thinking, effective communication, and professional readiness.

Balanced Lifestyle

Understand the importance of maintaining a balanced lifestyle for long-term success.

The **Life Skills Programme** equips students with a robust set of skills and experiences that complement their academic achievements. By the end of the year, students will:

This programme not only supports students during their studies but also prepares them for lifelong success in a globalised world, making it an essential complement to their British education.



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To find out more please contact the team on:

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