

Course overview

Come and join us and develop the social skills you need to become more independent. You will have a chance to practice different social activities

This course will build your confidence around making choices and communicating with people other than friends and family. We will help you to feel more confident about everyday tasks that you can start to do for yourself. We will help you to build on your existing skills and provide opportunities for you to practice your skills and become more confident.

What will I study?

- Identify which social situations you feel confident in and which you do not
- Developing your social communication skills
- Developing your confidence in new social settings and events
- How what we can do changes in different social settings
- Ways to start a conversation
- Making independent choices
- Developing social activities that you can do

Assessment method

Your tutor will give you verbal and written feedback throughout the course. You will also take part in Q&A sessions and discussion to share and review ideas. You will also receive verbal feedback to build confidence making choices and decisions. You will put together a folder of written work that will receive written and verbal feedback.

Entry requirements

You must be able to:

- Participate in class activities
- Work with others
- Follow instructions

What should I bring with me?

You will need to bring pen, pencil, ruler, paper and a folder to each lesson.

Possible next steps

You will be supported to enrol on to the most suitable course for you following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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