

# Making Choices In Pursuit Of Personal Goals

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## Introduction

In this course you will look at the practical processes and implications of pursuing your personal goals. Starting from assessing your current situation, you will move to more realistic goal-setting linked to your skills and interests through understanding the blocks to progress and finally the action planning needed to make your goals a reality.

## What will you learn?

By the end of the course you should be able to:

- Demonstrate understanding of self in current situation
- Make use of information resources to identify a range of opportunities
- Demonstrate familiarity with setting personal goals
- Show awareness of the practical implications of pursuing personal goals
- Make plans to achieve personal goals

## Who is this course aimed at?

The Foundation Learning programme at Fircroft College aims to offer people without formal qualifications the opportunity to learn new skills and gain qualifications, helping you to get on in life and in work. Personal and Social Development courses such as this one are aimed at helping you understand your personal life situation, the impact of past events, present circumstances and future aspirations on the choices and decisions you wish to make to improve yourself.

## What are the entry requirements? (If applicable)

There are no formal entry requirements for this course.

## How is it taught?

The course is taught through individual practical exercises together with small and large group exercises and discussions. You will work with the tutor and other students to consider your skills, experience and interests and where you are currently and then to set personal goals, examine possible blocks and how you might overcome these and to produce action plans to move forward.

## How will you be assessed?

The course is assessed by the completion of worksheets - to show your understanding and application of course content - tutor observations and discussions.

## What will you achieve?

If you complete the course successfully you will achieve 3 Open College Network (OCN) Credits at Level 1 or 2. The OCN Credits you achieve are part of a national system for recognising and accrediting the learning you have undertaken on this course. Once you complete this course you can build the number of credits you have achieved by undertaking further short courses as detailed below.

**What can you do after this?**

You can do a number of other courses as part of the Personal and Social Development Pathway, including Coping with Stress, Anger Management, Developing Personal Confidence and Self Awareness, Developing your own Interpersonal Skills and Developing Personal Development Skills. If you complete all of these courses successfully you will gain an NOCN Progression Certificate at Level 1 or Level 2. You can then go on to achieve a full Diploma by taking further Personal and Social Development courses, or by improving any other skills which may be holding you back, such as Literacy, Numeracy, ICT or Employability.

**Who are the tutors?**

The course is run by one of the following tutors: Zed Bhatti, Jon Moulton or Anita Guy. They all are experienced at working with individuals and groups to support their personal development and learning in a positive and supportive way. The Short Course office will be able to tell you who the tutor is that will be running the specific course you may be interested in attending.

**When does it run?**

This is a three day course which includes two nights residency at the College. Courses start at 5.30pm on the first day and finish between 3pm and 4pm on the third day. Please check our website or short course guide for course dates. Alternatively you can contact our Short Course office.

**Is there a cost?**

This course is free if you are claiming certain types of benefits. Otherwise it is £40 (£10 surcharge for students holding a degree). All accommodation, food, teaching & course materials costs are included.

**How can you apply?**

For more information please contact the short course office on 0121 472 0116 or email [shortcourses@fircroft.ac.uk](mailto:shortcourses@fircroft.ac.uk). You can apply online at [www.fircroft.ac.uk](http://www.fircroft.ac.uk), by post or in person.

