



LIFE AND LIVING SKILLS PATHWAYS

JUNE 2021

LIFE AND LIVING SKILLS PATHWAYS

Life and Living skills is a comprehensive suite of versatile and adaptable qualifications.

It is designed to suit the needs and interests of individual learners in a way that is completely flexible.

FEATURES INCLUDE:

- over 140 bite-sized units
- wide range of skills areas
- variety of sizes from initial award to extended certificate (ie 2 credits upwards)
- available at Entry 1 – Entry 3 (E1-E3).

THE SUITE IS SUITABLE FOR MANY LEARNER TYPES INCLUDING, LEARNERS:

- moving towards employment
- taking ESOL qualifications
- in secure establishments
- with special educational needs.

We have identified some pathways to show how units could be selected. However, these are just examples. You can use any combination of units to build qualifications from the wider provision. The complete list of units can be found here:

<https://www.ocr.org.uk/Images/80651-life-and-living-skills-datasheet.pdf>

To become a centre contact the OCR Customer Support Centre on support@ocr.org.uk or call 01223 553998.



LIFE AND LIVING SKILLS PATHWAYS

MOVING INTO EMPLOYMENT								
Personal skills for work readiness			Skills to help you into employment			Skills needed for work		
M13	Developing self	(E2)	B13	Providing personal information in writing	(E2)	B15	Contributing to discussions	(E3)
M14	Dealing with problems in daily life	(E2)	B18	Making requests and asking questions in a variety of situations	(E3)	F5	Identifying and using ICT equipment	(E1)
M20	Working as part of a group	(E2)	B19	Completing forms with personal Information	(E3)	F9	Using ICT to enter and edit text	(E2)
M23	Developing self	(E3)	F3	Obtaining information from an ICT-based source	(E1)	F12	Introduction to using ICT systems	(E3)
M24	Dealing with problems in daily life	(E3)	F7	Using ICT to find information	(E2)	F14	Using ICT to produce a text document	(E3)
M26	Introduction to diversity, prejudice and discrimination	(E3)	F10	Using ICT to communicate	(E2)	F15	Using ICT to find information	(E3)
M34	Working as part of a group	(E3)	F16	Communicating information using ICT	(E3)	J8	Collecting and presenting numerical information	(E2)
N1	Developing skills for the workplace: following instructions	(E1)	N10	Rights and responsibilities at work	(E2)	J14	Presenting information in a chart	(E3)
N3	Participating in a mini-enterprise project	(E1)	N11	Developing job search skills	(E2)	K1	Working in business and administration	(E3)
N5	Preparation for life and work	(E1)	N14	Completing a job application form	(E3)	K2	Using office equipment in a Business environment	(E3)
N7	Getting ready for starting work	(E2)				N6	Carrying out routine tasks at work	(E2)
N9	Preparation for work	(E2)				N8	Introduction to health and safety at work	(E2)
N16	Preparation for work	(E3)				N12	Health and safety procedures at work	(E3)
N17	Behaving appropriately at work	(E3)				N13	Carrying out tasks at work	(E3)

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LEARNERS IN SECURE ESTABLISHMENTS			
Getting into employment		Managing yourself/relationships	
B2	Providing personal information	(E1)	M8 Emotional wellbeing (E1)
B13	Providing personal information in writing	(E2)	M13 Developing self (E2)
B19	Completing forms with personal information	(E3)	M14 Dealing with problems in daily life (E2)
F3	Obtaining information from an ICT-based source	(E1)	M20 Working as part of a group (E2)
F7	Using ICT to find information	(E2)	M23 Developing self ((E3)
F10	Using ICT to communicate	(E2)	M24 Dealing with problems in daily life (E3)
F14	Using ICT to produce a text document	(E3)	M25 Emotional wellbeing (E3)
F15	Using ICT to find information	(E3)	M26 Introduction to diversity, prejudice and discrimination (E3)
F16	Communicating information using ICT	(E3)	M34 Working as part of a group (E3)
J8	Collecting and presenting numerical information	(E2)	B1 Making requests and asking questions in familiar situations (E1)
K1	Working in business and administration	(E3)	B4 Interacting in a group situation (E1)
K2	Using office equipment in a business environment	(E3)	B7 Developing communication skills (E1)
N1	Developing skills for the workplace: following instructions	(E1)	B12 Asking questions and making requests in everyday situations (E2)
N3	Participating in a mini-enterprise project	(E1)	B15 Contributing to discussions (E3)
N5	Preparation for life and work	(E1)	B18 Making requests and asking questions in a variety of situations (E3)
N6	Carrying out routine tasks at work	(E2)	O1 Learning to manage substance dependency (E3)
N7	Getting ready for starting work	(E2)	O2 Managing recovery from substance dependency (E3)
N8	Introduction to health and safety at work	(E2)	
N9	Preparation for work	(E2)	
N10	Rights and responsibilities at work	(E2)	
N11	Developing job search skills	(E2)	
N12	Health and safety procedures at work	(E3)	
N13	Carrying out tasks at work	(E3)	
N14	Completing a job application form	(E3)	
N16	Preparation for work	(E3)	
N17	Behaving appropriately at work	(E3)	

LIFE AND LIVING SKILLS PATHWAYS

MANAGING AND LIVING MY LIFE				
Exploring life			Independent living	
A1	Engaging in a creative group project	(E1)	D1	Planning and preparing a simple meal (E1)
A2	Engaging in new creative activities	(E1)	D3	Using shopping facilities (E1)
A4	Selecting and planning an art or craft product	(E2)	D4	Selecting and using cooking equipment (E1)
A5	Creating an art or craft product	(E2)	D6	Preparing drinks and snacks (E1)
A8	Making an art or craft product	(E3)	D8	Food safety and storage (E2)
C1	Responding to your local natural environment	(E1)	D9	Recycling, managing waste (E2)
C2	Identifying your local community and facilities	(E1)	D10	Following a simple recipe (E2)
C3	Using a community facility over a period of time	(E1)	D11	Understanding how to clean the home (E2)
C4	Responding to community facilities	(E1)	D12	Shopping for daily living (E2)
C6	Travel within the community: going places	(E1)	D15	Food hygiene and safety (E3)
E2	Caring for plant material	(E3)	D16	Basic food preparation (E3)
L1	Taking part in a performance	(E3)	J1	Recognising time through regular events (E1)
M12	Finding your way around an unfamiliar area	(E2)	J5	Understanding what money is used for (E1)
M29	Making the most of leisure time	(E3)	J7	Reading and recording time (E2)
M32	Personal safety in the home and community	(E3)	J9	Using coins and notes (E2)
M33	Getting to a destination safely and on time	(E3)	J11	Working with time (E3)
N2	Recognising work areas in the wider community	(E1)	J12	Working with money (E3)
N4	Recognising centre staff and the jobs they do	(E1)	M3	Taking part in daily routine activities (E1)
			M6	Developing independent living skills: keeping safe (E1)
			M7	Dealing with problems (E1)
			M8	Emotional wellbeing (E1)
			M9	Healthy living (E1)
			M10	Understanding routines (E2)
			M15	Emotional wellbeing (E2)
			M16	Healthy living (E2)
			M30	Managing own money (E3)

LIFE AND LIVING SKILLS PATHWAYS

SELF DEVELOPMENT

Self Development

A1	Engaging in a creative group project	(E1)
B4	Interacting in a group situation	(E1)
M1	Rights and responsibilities: everybody matters	(E1)
M2	Developing self awareness: all about me	(E1)
M4	Using interpersonal skills to contribute to positive relationships	(E1)
M7	Dealing with problems	(E1)
M8	Emotional wellbeing	(E1)
M10	Understanding routines	(E2)
M11	Understanding interpersonal skills	(E2)
M13	Developing self	(E2)
M14	Dealing with problems in daily life	(E2)
M20	Working as part of a group	(E2)
M23	Developing self	(E3)
M24	Dealing with problems in daily life	(E3)
M25	Emotional wellbeing	(E3)
M26	Introduction to diversity, prejudice and discrimination	(E3)
M28	Individual rights and responsibilities	(E3)
M31	Managing social relationships	(E3)
M34	Working as part of a group	(E3)
O1	Learning to manage substance dependency	(E3)
O2	Managing recovery from substance dependency	(E3)

LIFE AND LIVING SKILLS PATHWAYS

CITIZENSHIP

Citizenship

C2	Identifying your local community and facilities	(E1)
C3	Using a community facility over a period of time	(E1)
C7	Individual responsibilities in the community	(E2)
C8	Community action	(E2)
C10	Increasing community involvement	(E3)
C11	Community action Environment and Community	(E3)
M1	Rights and responsibilities: everybody matters	(E1)
M17	Individual rights and responsibilities	(E2)
M28	Individual rights and responsibilities	(E3)

Further information can be found on the OCR website or by calling our

Customer Contact Centre:

Email: support@ocr.org.uk

Tel: 01223 553998

ocr.org.uk/lifeandlivingskills