

## LEARNER STORIES

*"Attending classes at An Cosán has literally changed my life, I learned so much about myself and was able to overcome so many obstacles, so much so that I applied and have been accepted onto a course this year with a goal to return to work full time next year."*

*Giving myself the time to learn new skills and meet new people was so beneficial, it was the best decision I ever made."*

- Suzin, Learner Access Education

*"With the support I've had from An Cosán, I know that I can achieve anything, I know my kids won't have the life that I had, I'm breaking that cycle now."*

*The person I am now, I can fight for my community too. I'm going to make a change in this country."*

- Lauren, Learner Further Education

*"Studying at An Cosán has helped me to build my confidence, courage and empowered me to use my voice. It has offered me the unique opportunity to address some of the inequalities in my community."*

*'Empowered through education' is my experience with An Cosán"*

- Rosemary, Learner Higher Education

## STUDENT SUPPORTS

An Cosán provides a range of personal and educational supports, including child care, counselling/psychotherapy, one-to-one study support, IT skills development, career guidance and financial supports. All our therapists are fully qualified and accredited with IACP. A limited number of Bursaries and phased payment options are available for individual learners on a case by case basis.



## EARLY YEARS & FAMILY SUPPORTS

An Cosán's Family Support team are trained to deliver The Lifestart Growing Child Programme which is a child development education programme delivered in the home to parents of children aged 0-3 year old.

An Cosán's Early Years Education Centres offer programmes for children ranging in age from 3 months to 12 years, integrating the best practice of early childhood education with high quality care provision. The Highscope curriculum is used in all our early years services, ensuring all children receive a high quality programme, based on their interests and strengths.

An Cosán offers early years education programmes in Tallaght, Whitehall and Cabra. We also reserve places for children – both in our early years and after school service – to support parents returning to education.

## ABOUT US

An Cosán's holistic, learner-centered approach puts you, the learner, at the heart of all we do. Our hospitality is integral to our ethos, providing 'a place of hearth and home' and recognises that learners' basic needs must be met before they can excel in their studies. Everyone who comes through the door of An Cosán speaks of the warmth, welcome and visible spirit of care that is present.

An Cosán is here to help you succeed through our innovative model of community education. We provide people of all ages with pathways to learning, leadership and social enterprise. We offer a variety of affordable programmes in community, further, and higher education. These include early years education and care, wellness, parenting, personal and professional development, community development, leadership, addiction studies and social enterprise.

An Cosán is a Linked Provider of Institute of Technology Carlow awards. Our accredited Higher Education provision offers pathways to Certificate, Higher Certificate, and BA Degree awards.

Our programmes aim to support you to develop your own capacities and experience a sense of empowerment in your life and community. You can attend face to face classes in An Cosán Tallaght or access programmes through our blended online learning model from anywhere in Ireland. An Cosán is now working with local Community Partners across Ireland to bring our programmes and holistic approach to address barriers and challenges at a local level.

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# An Cosán

**Follow the path to  
a brighter future!**



## GUIDE TO CLASSES AND PROGRAMMES

# OUR COURSES

## FACE-TO-FACE PROGRAMMES SUPPORTED BY TECHNOLOGY

### ACCESS EDUCATION PROGRAMMES

#### FIRST STEPS BACK TO EDUCATION

- » Adult Key Skills 1
- » Adult Key Skills 2
- » ESOL (English for Speakers of Other Languages)
- » Irish Classes

#### HEALTH AND WELLBEING

- » Personal Development
- » Women and Wellness
- » Mindfulness
- » Art
- » University of the Third Age (U3A)

### COMPUTERS AND TECHNOLOGY COURSES

- » ECDL (European Computer Driving Licence)
- » Basic Computers
- » Women in Technology
- » Digital Pathways
- » Digital Inclusion Tools:
  - Accenture Skills to Succeed Academy | Digital Stepping Stones | Let's Get Digital
- » SCOPE - online learning platform offering skills recognition, capacity building and professional education for third sector staff and volunteers



### FURTHER EDUCATION PROGRAMMES FEE: FEES VARY. CONTACT OFFICE FOR DETAILS.

- » Community Development, QQI Level 5 Major Award
- » Community Care, QQI Level 5 Major Award
- » Business Administration with Digital Skills, QQI Level 5 Major Award
- » Early Childhood Care and Education, QQI Level 5 & 6 Major Award
- » Special Needs Assisting (SNA), QQI Level 5 & 6 Minor Award



### HIGHER EDUCATION PROGRAMMES BA DEGREE MAJOR AWARDS | 3 YEARS | NFQ LEVEL 7 FEE: €6,600 / €2,200 PER STAGE

- » BA Degree in Leadership and Community Development
- » BA Degree in Applied Addiction Studies and Community Development

## BLENDED ONLINE LEARNING PROGRAMMES

### ACCESS EDUCATION PROGRAMMES UNACCREDITED | 6 WEEK | FEE: €200

Options available in the following modules:

- » Community Development
- » Community Leadership
- » Community Drugs Work
- » Gender Studies
- » Climate Change and Environment
- » Citizenship and Social Action
- » Social Enterprise Development

### HIGHER EDUCATION PROGRAMMES

#### MINOR AWARDS | 10 WEEK | NFQ LEVEL 6 | FEE: €300

- » Learning to Learn at Third Level
- » Citizenship and Social Action
- » Community Leadership
- » Introduction to Social Enterprise Development
- » Group Work and Facilitation Skills
- » Community Development
- » Social Analysis
- » The Nature and Context of Addiction
- » Drug Prevention, Education and Awareness
- » Community Development Practical Approaches
- » Understanding and Managing Conflict in a Community Development Context
- » Social Policy
- » Equality and Diversity
- » Leadership and Organisational Development
- » Introduction to Counselling and Motivational Interviewing
- » Approaches to Treatment and Rehabilitation
- » Foundations in Adult Learning
- » Learning to Collaborate
- » Communications
- » Critical and Ethical Thinking in a Changing World

# #LIFELONGLEARNING

### MINOR AWARDS | 10 WEEK | NFQ LEVEL 7 | FEE: €300

- » Project Cycle Management in the Community and Voluntary Sector
- » Community Development and Technology
- » Research Methods and Practice
- » Drugs and Crime in a Global Context
- » Leadership and Social Change
- » Transformative Community Education
- » Special Purpose Award in Technology Enhanced Learning

### PROGRESSION PATHS IN HIGHER EDUCATION

#### CERTIFICATE MINOR AWARDS | 1 YEAR | NFQ LEVEL 6 | FEE: €1,800

- » Certificate in Applied Addiction Studies and Community Development\*
- » Certificate in Leadership and Community Development\*
- » Certificate in Leadership and Social Enterprise Development
- » Certificate in Personal and Professional Development (This is a funded programme. Registration fees €200 apply)

*\*Note: Certificate Programmes marked with \* have progression paths to Higher Certificate (Stage 2) and BA Degree (Stage 3)*

#### BA DEGREE MAJOR AWARDS | 3 YEARS | NFQ LEVEL 7 | FEE: €5,400 / €1,800 PER STAGE

- » BA Degree in Leadership and Community Development
- » BA Degree in Applied Addiction Studies and Community Development

*Further details on all programmes available on request*

*Fees quoted are for guidance and may be subject to slight changes in 2021/2022.*

*Due to the ongoing pandemic, higher education teaching has moved online. Provision of face-to-face classes remains subject to current public health advice*

### AN COSÁN IS SUPPORTED BY

