

New Zealand Certificate in Skills for Living for Supported Learners (Level 1)

Intakes
22/02/2027 (New Plymouth)

Duration
1 year full time or part time equivalent

Domestic Fees
Fees Free

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WESTERN INSTITUTE OF TECHNOLOGY AT TARANAKI
TE KURA MATATINI O TARANAKI

New Zealand Certificate in Skills for Living for Supported Learners (Level 1)

This qualification is intended for people with an intellectual disability, who require specialised support with their learning in relation to skills for living. Graduates will be able to self-manage and participate in social, cultural, family/whanau and community contexts, with support.

The programme is up to four days a week on campus.

Applicants must display some knowledge of numeracy, reading and writing skills, and be able to participate in the learning environment. Students are required to have a level of independence to meet personal care needs.

Applicants' suitability and likelihood of success will be determined for the New Zealand Certificate in Skills for Living on the basis of an interview. At this interview, applicants are required to successfully complete a short written and verbal test to determine their knowledge of numeracy, reading and writing skills.

Students will learn how to:

- demonstrate self-management of day to day living in everyday or community situation.
- maintain personal safety, and health and well-being, in day to day living and everyday or community situations.
- participate and interact in everyday or community situations.
- participate in planning a future pathway to achieve personal goals.
- apply problem-solving techniques to resolve day to day issues.
- use functional literacy and numeracy skills required for day to day living.

Courses

CSL1.101

Communication & Self-Management

This course is designed to support learners to build confidence, independence, and practical skills to manage day-to-day living activities in familiar and community settings. Learners will explore strategies to organise their daily routines, make informed decisions, and carry out everyday tasks with increasing autonomy. The course aims to strengthen learners' ability to take responsibility for their own wellbeing, participate in the community, and respond appropriately to common situations, fostering greater self-reliance in their daily lives.

CSL1.102

Personal Safety & Health and Wellbeing

This course is designed to support learners to develop the knowledge, skills, and confidence needed to maintain their personal safety, health, and wellbeing in daily life and community settings. Learners will explore strategies for staying safe at home and in public, making healthy lifestyle choices, and recognising situations that may affect their physical or emotional wellbeing. The course encourages learners to take responsibility for their own safety and health, seek support when needed, and actively contribute to their overall wellbeing in familiar environments.

CSL1.103

Participation in Community Settings

This course is designed to support learners to develop the communication, social, and practical skills needed to confidently participate in everyday and community situations. Learners will have opportunities to engage in real-life activities such as shopping, using public services, and interacting with others in familiar environments. The course encourages learners to build positive relationships, express themselves clearly, and take part in their communities in ways that are meaningful and appropriate to their needs and interests.

WITT reserves the rights to withdraw or adjust programmes, alter start date or fee schedules, and make any other changes as it may deem desirable or necessary, without prior notice. All programmes are subject to a sufficient number of enrolments and completion of all approval and accreditation requirements.

WITT and this programme are part of Te Pūkenga – New Zealand Institute of Skills and Technology

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CSL1.104

Planning Your Pathway

This course is designed to support learners to explore their strengths, interests, and aspirations, and to take an active role in planning a meaningful future pathway. Learners will identify personal goals and learn how to set realistic steps toward achieving them, whether related to learning, work, or daily life. The course encourages self-reflection, decision-making, and participation in planning processes, empowering learners to take ownership of their future and make informed choices that align with their values and abilities.

CSL1.105

Practical Problem Solving

This course is designed to help learners develop practical problem-solving skills to manage common challenges encountered in daily living. Learners will explore simple strategies to identify problems, consider possible solutions, and take appropriate actions to resolve everyday issues. The course aims to build learners' confidence and independence by empowering them to approach problems thoughtfully and seek support when needed, enhancing their ability to live more effectively and with greater autonomy.

CSL1.106

Literacy and Numeracy

This course aims to equip learners with practical literacy and numeracy skills essential for managing everyday tasks and activities. Learners will develop the ability to read, write, and use numbers in real-life contexts such as shopping, budgeting, understanding instructions, and managing personal information. The course focuses on building confidence and independence by applying these skills in familiar and community settings to support successful daily living.

Programme specific information

- This qualification is and entry level qualification intended for people who require specialised support with their learning; people with learning disabilities, including those with an intellectual disability.
- Graduates will be able to self-manage and participate in social, cultural, family/whanau and community contexts, with support.
- This qualification recognises the aspirations and cultural identities of Māori, Pasifika, and disabled communities in Aotearoa New Zealand.
- This qualification allows the Aotearoa New Zealand community to recognise the graduate's potential to enhance their participation in the community, as a contributing citizen.

Further Study Options

This qualification may lead to the New Zealand Certificate in Foundation Skills (Level 1), the New Zealand Certificate in Skills for Learning and Working, for Supported Learners (Level 1), or other qualifications on the New Zealand Qualifications Framework at levels one or two.

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