

See My Skills

The **See my Skills Programme** is designed specifically for students with vision impairment or blindness. It provides foundation skills that they will require in order to access mainstream education and/or employment.



Programme topics:

- ✓ **Compensatory academics:** Critical skills to be successful in education/employment, such as concept development, organisational skills, speaking and listening, and communication skills such as Braille or print reading and writing.
- ✓ **Orientation and mobility:** Orientation and travel skills that can help people with sight loss to move independently and safely in the environment.
- ✓ **Social interaction:** How to respond appropriately and participate actively in social situations.
- ✓ **Independent living:** How to function as independently as possible (personal grooming, time management, cooking, cleaning, clothing care, and money management).
- ✓ **Recreation and leisure:** How to ensure enjoyment of physical and leisure-time activities.
- ✓ **Sensory efficiency:** How to best use the senses, including any functional vision, hearing, touch, smell (olfactory), and taste (gustatory).
- ✓ **Use of technology:** How to use devices such as computers or other electronic equipment that make it easier to function effectively in education, at home, and in the workplace.
- ✓ **Career education:** Best approach in moving towards employment and building your career.
- ✓ **Self-determination:** How to become an effective advocate for yourself based on your own needs and goals.

Interested in learning more?

Contact **Jodie McGrielle**, Lifecycle Manager: Employment, Training & Academia Team

E: jodie.mcgriele@ncbi.ie T: 01 8821955