

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 on 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 Early Years’ places, 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

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 out of school – to support parents returning to education.

WITH SUPPORT FROM



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



ABOUT US

An Cosán’s holistic, learner-centered approach puts 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 short programmes through to a range of options in Community, Further and Higher Education programmes, including early years’ education and care, wellness, parenting, community development, leadership, addiction studies and social enterprise.

Our accredited programmes offer progression paths towards Certificate, Higher Certificate and BA Degree awards and all our Higher Education programmes are accredited through South East Technological University, our collaborative partner.

Our programmes aim to support you, the learner, 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 220+ community partner organisations across Ireland to bring our programmes and holistic approach to address barriers and challenges at a local level.

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Jobstown, Tallaght, Dublin 24, D24 R3PN.
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Website: www.ancosan.ie



An Cosán

Follow the path to
a brighter future!



GUIDE TO CLASSES AND PROGRAMMES

2022 - 2023



OUR COURSES



#LIFELONGLEARNING

ACCESS EDUCATION

FIRST STEPS BACK TO EDUCATION

- » Return To Learning - digital skills and personal development
- » Adult Key Skills - NALA literacy, numeracy and digital skills
- » English for Speakers of Other Languages (ESOL)
- » Irish
- » University of the Third Age (U3A)

HEALTH AND WELLBEING

- » Personal Development
- » Women and Wellness
- » Wellbeing for Staying Well
- » Mindful Movement

COMPUTERS AND TECHNOLOGY

- » Computers for the Terrified - basic computers and smartphone technology



DIGITAL INCLUSION FOR EDUCATORS

For community educators and trainers, we also run free online and face-to-face training workshops on our free digital inclusion tools:

- » Digital Stepping Stones assessment tool
- » Accenture Skills To Succeed Academy

You will learn how to use and embed our digital inclusion tools into your practice to empower and encourage staff and learners to develop their digital literacy skills.

To book a place on one of our Digital Inclusion training workshops, email digitalinclusion@ancosan.ie

FURTHER EDUCATION

- » Early Childhood Care and Education
QQI Level 6 Major Award
- » Early Childhood Care and Education
QQI Level 5 Major Award
- » Business Administration with Digital Skills
QQI Level 5 Major Award
- » Community Care
QQI Level 5 Major Award
- » Community Development
QQI Level 5 Major Award



CONTINUING PROFESSIONAL DEVELOPMENT

We run occasional webinars, workshops and courses aimed at community educators. Topics in the past have included: Community Development, Community Leadership, Technology Enhanced Learning, and the Sustainable Development Goals.



HIGHER EDUCATION

HIGHER EDUCATION PROGRAMMES

MINOR AWARDS | 10 WEEK | NFQ LEVEL 6

- » Learning to Learn at Third Level
- » Citizenship and Social Action
- » Community Leadership
- » Group Work and Facilitation Skills
- » Introduction to Sustainable Community Development
- » Social Analysis
- » The Nature and Context of Substance Use and Dependence
- » Drug Prevention, Education and Awareness
- » Community Development Practical Approaches
- » Understanding and Managing Conflict in a Community Development Context
- » Reflective Practice, Knowledge, Skills and Attitude
- » 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

MINOR AWARDS | 10 WEEK | NFQ LEVEL 7

- » Project Cycle Management in the Community and Voluntary Sector
- » Community Development and Technology
- » Research Methods and Practice
- » Drugs and Crime in a Global Context
- » Community Drug Work and Leadership in Practice
- » Leadership in Practice
- » Leadership and Social Change

HIGHER EDUCATION CONT.

SPECIAL PURPOSE AWARD | CPD | 10 WEEK | NFQ LEVEL 7

- » Transformative Community Education
- » Technology Enhanced Learning

PROGRESSION PATHS IN HIGHER EDUCATION

CERTIFICATE MINOR AWARDS | 1 YEAR | NFQ LEVEL 6

- » 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

**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

- » BA Degree in Leadership and Community Development
NFQ Level 7 Major Award
- » BA Degree in Applied Addiction Studies and Community Development
NFQ Level 7 Major Award

For further details on all our programmes please email courses@ancosan.ie