

CLASS ACT

Not ready for a job just yet? Maybe you feel you need more training to boost your confidence. Night classes are a favourite among adults wishing to return to work, or even if you just want to learn something new and meet people *By Pauline Dunne*

FUN COURSES

There are so many night classes around, classes in the most random things you could ever imagine (take costume design for example!), and so you can be sure to find something for you.

'Just for fun' night classes are a great opportunity to make new friends and just get yourself out of the house for an hour or two a week. You might not end up an expert potter after 10 classes of pottery, but you'll have a lot of fun in the process – not to mention a distorted attempt at a flower pot sitting up on your window sill for ever more. Beware though,

they can be costly, averaging at about €15-€25 per class, so try and pick a class in something you won't get bored of too easily.

Adult night classes are usually held in your local school or college, and you'll probably find leaflets in the local shop listing all the available courses. If not, log on to www.nightcourses.ie, where you'll find all the courses in all the colleges.

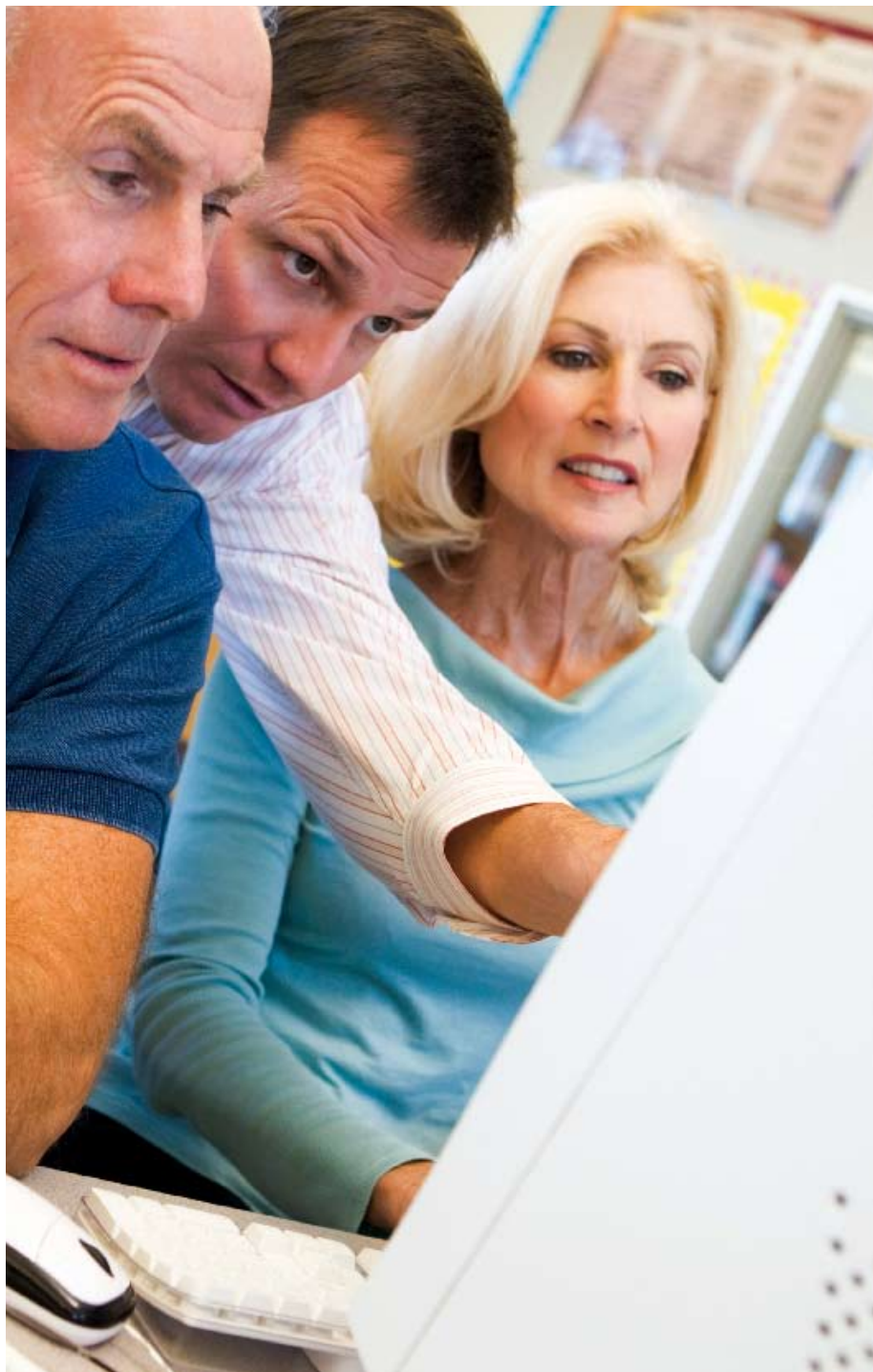


COURSES TO FURTHER YOUR EDUCATION

Education is never a waste, so if you want to do a more serious course, one that will better equip you for the world of employment, you should definitely go for it.

These will, of course, take up much more of your time and effort. If you have a job already, you'll find it difficult to be working all day and then going to college, not to mention studying at the weekends. However, you will be getting an education that will stand to you forever.

To find out more, contact your local colleges and universities and see what courses they offer part-time. Try the internet too, most colleges have websites outlining their prospectuses.



CASE STUDY

STUDENT NAME: Amy Druhan

PROVIDER: LA Make-Up Academy (one of the exhibitors at the Which Course Expo 2009 who are giving away a completely free course to one lucky attendee over the weekend)

COURSE: Module 3 – Professional Make-Up Artistry

A professional make-up artistry course is the ultimate course for those wishing to pursue a career as a make-up artist. This course starts at beginner's level covering all topics of make-up artistry from bridal and high fashion to photographic, tattoo covering and male make-up. There are also classes on black and white photographic make-up and make-up for high definition TV and film including straight ageing, airbrushing, special effects, prosthetics, fitting facial hair and wigs.

"Module 3 covers all the aspects of make-up artistry you need to know to conquer the make-up artist industry. There is such a wide number of career fields that you can enter after pursuing this course such as professional make-up artist, fashion and catwalk artist, TV and film artist, magazine artist or make-up tutor, the list goes on and on.

"My favourite aspect of the course was



definitely learning how to achieve fantasy and high fashion looks, but the diversity it offers is great, I can now do everything from groom to geisha! I also went on work experience during and after the course to events such as a Samsung advert, where we had to body paint models in red on Grafton Street!

"The work experience [in a magazine] for me was fantastic; it gave me the opportunity to meet people who have hired me since as well as building my confidence.

"I love the make-up demos and the fact that the course is so

practical, you can really get your hands stuck into it. The tutors were excellent. They are all working make-up artists who brought their individual styles and techniques to the classes.

"The tutors have excellent portfolios and have worked on so many famous faces from all over the world. It is an honour to have been taught by world class teachers.

"We also got to have a look at their own professional kits and discuss their favourite products that they use in their work.

"I got so much out of the course, not just training and skills but contacts, advice and lots of encouragement. I would highly recommend nightcourses to anyone."

ACUPUNCTURE, ANYONE?

This September the practice of acupuncture in Ireland takes a major leap forward as the first and only degree level qualification in Ireland is introduced by the The Shanghai Acupuncture College Ireland. The degree programme represents a major step towards placing acupuncture on a professional footing in Ireland, allowing students access to a new standard of training from some of China's most respected acupuncture leaders.

Students are enrolled on a two year full-time or three year part-time diploma programme delivered at The Shanghai College of Acupuncture in Hatch Street, Dublin 2.

Successful completion of the diploma programme leads to admission to the one year full-time or two year part-time degree programme in the same college.

A series of open evenings will be held in early September. For details log onto www.shanghaiacupuncture.com.



THINK2ACT

In today's economic climate, it's no surprise that a lot of people have been made redundant. This can make the "back to work" idea that much harder to deal with because you're also feeling very hard done by and your self esteem may not be at it's highest.

Think2Act is a one day conference designed for people who have been made redundant. It encompasses the theme of 'change' – the two women responsible for this event, Celine Mullins, (Act 4 Business, www.a4b.ie) and Eibhlin Johnston, (ThinkCoaching, www.thinkcoaching.ie) want to change the recession mindset through expert advice and transformational coaching.

The key components of the day include things like free career coaching sessions, interview techniques and the free conference also offers people access to some of the leading experts in this field.

Experienced psychologists address the issue of stress management and dealing with the loss of your job/career and a panel of entrepreneurs share their stories. Think2Act will be held on 31 August, 2009 in the National College of Ireland in Dublin and afterwards in other locations around the country.

DISTANCE LEARNING

THE INTERNET, HOW DID WE SURVIVE WITHOUT IT? You can do your grocery shopping while curled up on your sofa with your hair in a towel. You can even find the man of your dreams on one of the many dating websites while sitting in front of your mirror bleaching your moustache. The internet has made many things possible for us, and distance learning is just one of many.

Distance learning is the teaching and delivery method of courses which enables students to gain education and qualifications online. It's a system that is gaining popularity on an international stage, yet there is no doubt of the stigma that remains attached to this learning format. It's clear that while distance learning is a godsend for some, it is not suited to everyone.

You can pick a course with as much or as little interaction as you want. Some courses centre around chat rooms and interactive websites where students come together while others involve just you and your tutor, so you can choose which suits you best.

Distance learning is cheaper than a normal course, but it means more work as you have to research the topics yourself and you need to be very dedicated.

WHICH COURSE EXPO 2009

Which Course Expo 2009 is Ireland's largest exhibition of adult learning courses and it's taking place on 29–30 August in the Industries Hall in the RDS. Entry is free and all those who register in advance on www.whichcourse.ie will be in with a chance of winning a place on one of more than 20 courses provided by a variety of accredited course providers, as well as receiving a complementary gift bag!

Which Course Expo 2009 is aimed at all those interested in further developing their career, retraining or returning to work, general self development or those who are simply interested in pursuing a new leisure activity.

All attendees will be given the opportunity to browse the thousands of courses on offer over the weekend as well as the opportunity to talk first-hand to the host of exhibitors on-site and to observe and take part in practical demonstrations on various activities such as arts, crafts, yoga, massage and much, much more. It's not something you want to miss!

Which Course Expo 2009 is supported by Nightcourses.com, the Institute of Technology Tallaght, The Irish Times and Dublin's Q102.

WHICH COURSE EXPO 2009 DETAILS:

Dates: 29-30 August 2009

Location: Industries Hall, RDS, Dublin 4

Opening Times: Saturday and Sunday: 11am until 5pm **Entrance fee:** FREE