

Essential Skills Training (EST) Online Program

Essential Skills Training is a program that will help participants upgrade some or all of the following Essential Skills:

- Reading
- Document Use
- Writing
- Numeracy
- Digital Technology

Each skill is designed to be completed within a five-week period (25 weeks for all five skills). Most learners finish well within that time frame. A final report summarizing skill attainment will be provided.

What should participants expect?

- An individualized learning plan based on participants' assessments in Launcher and EST and their career goals
- An online orientation to the EST program
- An online training program, 5 days per week, consisting of 10-15 modules per essential skill (If required technology is not available, then other forms of program delivery can be explored)
- Pre and post assessments (formal and informal) for each skill
- Instruction and assignments focusing on specific skills for each module (e.g. Multiplication and Division in Numeracy)
- Independent completion of assignments by participants and daily journaling of their learning
- Regular conferences with an instructor, to receive support and reflect on learning

Who will benefit from taking this program?

People who:

- want to improve their essential skills to prepare for further education or employment, or to enhance their ability to take on new tasks in the workplace and in day-to-day life; and/or
- want to build their self-confidence

For more information, contact us toll free at 1-888-282-9980 or email referral@esmanitoba.ca

Funding provided by:
The Government of Canada
The Manitoba government

