NOSK.LIFE Learner Guide

How every course works (updated 26 October 2026)

1. Study the module's lessons or chapters.
2. Take the module quiz or checkpoint. It is graded automatically on the server.
3. Pass mark: at least 75%, rounded up to whole questions (3 of 4, 4 of 5, 6 of 8).
4. Passing the quiz completes the module and opens the next module straight away.
5. After every required quiz is passed, take the final assessment.
6. Pass the final and claim your self-study completion certificate.

The same steps apply to every course: Garment Ed, GARMENT TECH Ed, GarmentEd 360, Lean Six Sigma Black Belt, Garment Business Excellence and both Quality Academy courses.

Quizzes and retries

What counts and what does not

Answer every question, then check your answers. You see your score and explanations. Not passed yet? Review the explanations and try again. The next module stays locked until the quiz is passed. Your passing result is kept; a later lower score never removes it. Practice questions inside lessons help you study but are not part of the certificate. Reading a lesson or watching a module video does not count as passing a step.

Optional trainer review

Capstones, written assignments and practicals

These are optional. You only send work for review when you choose to submit it.

Drafts stay private to you and are never submitted automatically.

'Waiting for review' or 'revision requested' never blocks the next module,

the final assessment or your certificate.

A trainer approval is shown separately as optional recognition. The self-study

certificate does not claim trainer-assessed or observed practical competence.

Your certificate

Self-study completion certificate

Sign in to your free learner account so your results are saved to you.

When the final is passed, confirm your name exactly as it should be printed.

The certificate is issued once for that course version; downloading it again gives the same certificate ID. Download the PDF from the course certificate page.

Anyone can check it with the certificate ID on the verification page shown on the PDF. It shows your name, the course, completion and issue dates, and the basis: 'Self-study completion; not assessed competence.' It is not an accredited qualification.

Certificates issued before 26 October 2026 keep the wording they were issued with.

Keeping your place

Between visits and devices

Without signing in, study progress stays in that browser on that device.

Signed in, your quiz results and certificate follow your learner account on any device.

If you are offered an import of local progress, choose only your own study record.

Return through the course's My progress link or your dashboard, then continue with the next module shown there.

Help when you get stuck

Progress looks missing: use the same website address and check you are signed in.

A step will not load: refresh the page or use the retry button shown with the message.

A module is locked: pass the previous module's quiz first.

Your name is wrong before issue: correct it on the certificate page before confirming.

These are free self-study courses with no accredited academic qualification.