Unit Title: Coping Strategies At Work
Unit Level: Entry 2
Unit Credit Value: 2
GLH: 20
LASER Unit Code: WJB316
Ofqual Unit Code: T/504/3821

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		**The learner can:**	
1.	Know about problems at work.	1.1	State an area at work where they feel they have a problem.
		1.2	Identify a place or people they could turn to for help.
2.	Be able to contribute to creating a coping strategy.	2.1	Participate in discussion with a helper to look at the problem.
		2.2	Contribute to developing a strategy for coping.
		2.3	State what they will do as part of the agreed strategy.
3.	Be able to implement a coping strategy.	3.1	Demonstrate the use of a coping strategy.
		3.2	With a helper participate in a discussion to review the effectiveness of the scoping strategy.

Assessment Guidance:
All assessment activities and decisions must be made in light of the RQFQCF Entry Level Descriptors relevant to this unit.

Additional Information:
NA