

**Unit Title:** Developing Personal Development Skills  
**Unit Level:** Level 2  
**Unit Credit Value:** 3  
**GLH:** 24  
**LASER Unit Code:** WJC252  
**Ofqual Unit Code:** A/506/0572

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand own strengths and weaknesses.	1.1	Identify personal strengths and weaknesses.
		1.2	Assess their importance for the future in life, work and training.
2.	Know own skills and investigate ways of self-improvement.	2.1	Identify and assess personal skills learned in life, work and training.
		2.2	Describe how these may be used in future.
3.	Understand own current life situation and relationships.	3.1	Describe own current life situation in realistic terms including home situation and relationships.
4.	Be able to make positive decisions.	4.1	Demonstrate, in a range of situations, the ability to make considered choices in a positive manner.
		4.2	Give reasons for the choices made using examples.
5.	Know how to set personal objectives and make action plans for self-improvement.	5.1	Produce an action plan which identifies and records realistic personal goals and time-scales for achieving them.

<b>Assessment Guidance:</b>
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NA
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<b>Additional Information:</b>
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NA
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