

**Unit Title:** Recognising Own Skills For Personal Development  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** WJC305  
**Ofqual Unit Code:** D/506/0578

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know his/her own strengths and weaknesses.	1.1	List his/her own personal strengths.
		1.2	List his/her weaknesses.
2.	Know his/her own skills.	2.1	List personal skills learned in life, work and education/training.
3.	Know his/her current life situation.	3.1	Outline his/her current life situation.
		3.2	Identify key important personal relationships.
4.	Know how to make positive decisions.	4.1	Using examples, identify 'pros' and 'cons' for making a choice in a given situation.
		4.2	Make simple choices in a positive and constructive manner.
5.	Know about personal objectives and make action plans for self-improvement.	5.1	Identify at least two of his/her own personal short-term goals.
		5.2	State how these might be achieved.

**Assessment Guidance:**

NA

**Additional Information:**

NA