

Unit Title: Developing Personal Confidence And Self Awareness
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJC361
Ofqual Unit Code: F/506/0654

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand reasons for feeling confident and lacking confidence.	1.1	Describe a situation when s/he felt confident and how s/he behaves when feeling confident.
		1.2	Describe a situation when s/he lacked confidence and how s/he behaves when lacking confidence.
		1.3	Describe how s/he prepares for situations which make her/him feel unconfident.
		1.4	Describe ways in her/his behaviour which might influence another person's perception of her/him.
2.	Understand effective participation in social situations.	2.1	Describe barriers to participating in social activities and how s/he feels in social environments.
		2.2	Describe examples of behaviour which would be inappropriate in a social situation and explain why.
		2.3	Describe ways in which s/he behaves in social situations which make her/him feel uncomfortable and give reasons for behaviour.
		2.4	Describe ways in which s/he could change her/his attitude and behaviour in social situations to participate more effectively.
3.	Understand ways to manage stress.	3.1	Describe situations in which s/he has felt stressed and identify what makes her/him feel stressed.
		3.2	Describe ways in which s/he deals with feeling stressed, using specific examples.
		3.3	Describe and demonstrate a range of techniques that can help her/him feel better and improve performance.
		3.4	Describe ways in which certain stress reducing techniques might be more effective in different situations.
4.	Know how to set personal objectives and plan for personal progression.	4.1	Identify one goal, and describe its significance for her/him.

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		4.2	Produce an action plan which identifies stages in meeting goals.
		4.3	Describe how goal setting can contribute to personal confidence.
		4.4	Record achievements which have led to attainment of the goal and describe ways in which achievement of the goal has contributed to own self-confidence.

Assessment Guidance:
NA

Additional Information:
NA