

Unit Title: Understanding Self And Others
Unit Level: Entry 3
Unit Credit Value: 3
GLH: 30
LASER Unit Code: WJC520
Ofqual Unit Code: K/506/0678

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand own needs and wishes in different contexts.	1.1	State own preferences in different contexts.
		1.2	State own opinions when asked.
		1.3	Give examples of situations where it appropriate to 'say no', 'make mistakes' and 'ask for explanations'.
2.	Understand personal health issues.	2.1	Identify suitable foods for a healthy diet.
		2.2	List things which are considered bad for health.
		2.3	Identify ways in which exercise can improve personal health.
3.	Be able to interact with others.	3.1	Use appropriate eye contact, body language and voice levels when talking to others.
		3.2	Demonstrate how to take turns and listen to the views of others in conversations.
		3.3	Demonstrate how to introduce self to others.
4.	Understand personal relationships.	4.1	Outline types of relationships people may have.
		4.2	Identify the main responsibility of self and others in one type of relationship.

Assessment Guidance:

NA

Additional Information:

NA