

Unit Title: Assertive Living
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJC564
Ofqual Unit Code: L/506/0558

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand different types of behaviour.	1.1	List the main characteristics of, and give two examples of each of the following types of behaviour: a) passive b) assertive c) aggressive.
2.	Know about self-esteem and how it can be enhanced.	2.1	Give three examples of factors which influence how people feel about themselves.
		2.2	Identify his/her self-esteem needs and indicate how they can be met.
3.	Know about stress and strategies for reducing it.	3.1	Outline what stress is.
		3.2	Give three examples of causes of stress in his/her life.
		3.3	Identify two ways in which his/her stress could be reduced.
4.	Understand the need for time management and be able to implement it.	4.1	Define time management and demonstrate his/her time management skills by punctual attendance and completion of work on time.
		4.2	List four ways in which he/she can improve his/her time management.
5.	Understand personal strengths and interests.	5.1	Identify and outline three personal strengths and three interests.

Assessment Guidance:

NA

Additional Information:

NA
