

**Unit Title:** Understanding Personal Awareness  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC573  
**Ofqual Unit Code:** L/506/0673

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand personal awareness.	1.1	Define personal awareness.
		1.2	Outline how having personal awareness helps to improve life.
2.	Understand key aspects of own personality.	2.1	Define what is meant by personality.
		2.2	Outline strengths of own personality.
		2.3	Identify aspects of own personality to develop.
3.	Know how to recognise own skills, knowledge and achievements.	3.1	Give examples of own skills.
		3.2	Give examples of own knowledge.
		3.3	Identify skills to develop.
		3.4	Identify areas of knowledge to develop.
		3.5	Identify personal achievements.
4.	Know how to recognise own feelings.	4.1	Identify different examples of own feelings.
		4.2	Give an example of how own feelings are expressed.
		4.3	Give an example of behaviour which results from own feelings.

**Assessment Guidance:**

NA

**Additional Information:**

NA