

Unit Title: Personal Development
Unit Level: Entry 3
Unit Credit Value: 1
GLH: 10
LASER Unit Code: WJC676
Ofqual Unit Code: R/506/0576

This unit has 2 learning outcomes.

| LEARNING OUTCOMES | | ASSESSMENT CRITERIA | |
|-------------------|--|---------------------|--|
| The learner will: | | The learner can: | |
| 1. | Know about his/her strengths and weaknesses. | 1.1 | State two personal strengths, giving an example of one of them. |
| | | 1.2 | State two personal weaknesses, giving an example of one of them. |
| 2. | Know how to set personal goals. | 2.1 | List three personal short-term goals. |
| | | 2.2 | Produce an action plan for achieving these goals. |

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| Assessment Guidance: |
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| Additional Information: |
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