

**Unit Title:** Developing Personal Development Skills  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC728  
**Ofqual Unit Code:** T/506/0571

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand own strengths and weaknesses.	1.1	Identify personal strengths and weaknesses.
2.	Know own skills and investigate ways of self-improvement.	2.1	Identify personal skills learned in life, work and training.
		2.2	State how these could be used in the future.
3.	Understand own current life situation and relationships.	3.1	Describe own current life situation in realistic terms including home situation and relationships.
4.	Be able to make positive decisions.	4.1	Demonstrate the ability to make considered choices in a positive manner.
5.	Know how to set personal objectives and make action plans for self-improvement.	5.1	Identify and record personal short-term goals.
		5.2	Produce an action plan for achieving these goals.

**Assessment Guidance:**

NA

**Additional Information:**

NA