

Unit Title: Coping Strategies
Unit Level: Level 1
Unit Credit Value: 3
GLH: 27
LASER Unit Code: WJC734
Ofqual Unit Code: T/506/0652

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know about different types of behaviour.	1.1	Identify the main characteristics of passive behaviour.
		1.2	Identify the main characteristics of assertive behaviour.
		1.3	Identify the main characteristics of aggressive behaviour.
		1.4	Give examples for each of these types of behaviour.
2.	Know about self-esteem.	2.1	Give examples of factors which influence how people feel about themselves.
		2.2	Identify own self-esteem needs.
		2.3	State how the identified self-esteem needs can be met.
3.	Know about stress.	3.1	Outline what stress is.
		3.2	Give examples of causes of stress in own life.
		3.3	Identify ways in which own stress levels could be reduced.
4.	Know about time management.	4.1	Define time management.
		4.2	Outline own time management skills.
		4.3	List ways in to improve own time management.
5.	Know about personal strengths and interests.	5.1	Outline personal strengths.
		5.2	Outline personal interests.

Assessment Guidance:

NA

Additional Information:

NA