Unit Title:	**Personal Development**
Unit Level:	**Level 1**
Unit Credit Value:	**3**
GLH:	**27**
LASER Unit Code:	**WJC780**
Ofqual Unit Code:	**Y/506/0577**

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		**The learner can:**	
1.	Know about some of the skills used in daily life.	1.1	List the key skills and/or knowledge required to undertake the following everyday activities: a) preparing food b) assembling flat pack furniture c) shopping d) catching a bus/train.
		1.2	Identify three skills he/she already has and outline how they are transferable to other areas of his/her life.
2.	Know about problem solving.	2.1	Outline two different approaches to problem solving.
		2.2	Make a changing wheel and outline how it will assist him/her in managing/solving a specific problem.
3.	Understand how to set goals.	3.1	Identify what is important to him/her for the future.
		3.2	Identify a goal that he/she would like to achieve giving two reasons for the choice.
		3.3	Outline an action plan that would enable him/her to achieve the goal.
4.	Know about support networks.	4.1	Outline the type of support that could be available to him/her from: a) family b) friends c) personal tutor d) social worker e) citizens' advice bureau f) health centre.
		4.2	List three different occasions when he/she may need additional support.
		4.3	Outline how he/she can access additional support.
5.	Know about communicating with others.	5.1	Outline the benefits and drawbacks of communicating with others: a) face-to-face b) verbally over the telephone c) text messaging d) internet messaging e) internet using video camera f) email g) postal letter.

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		5.2	Outline the value of other people's opinions.
6.	Understand how key factors contribute to personal development.	6.1	Outline how personal skills, knowledge, problem solving, goal setting, support networks and communication are essential for personal development.

Assessment Guidance:
NA

Additional Information:
NA