

**Unit Title:** Understanding And Transforming Own Behaviour  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC785  
**Ofqual Unit Code:** Y/506/0658

This unit has 7 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the kinds of behaviours that can hinder a trusting and supportive atmosphere.	1.1	Identify kinds of behaviours that would hinder them being able to trust and be supported.
2.	Understand the concept of being labelled and how it may impact behaviour.	2.1	Identify examples of labelling.
		2.2	Give an example of how a label might impact on behaviour.
3.	Understand the concept of habitual behaviours.	3.1	Identify a habitual behaviour and the words and actions associated with those behaviours.
4.	Understand the costs and gains of habitual behaviours.	4.1	Identify the costs and gains for one of their habitual behaviours.
5.	Understand how past events may influence the development of habitual behaviours.	5.1	Identify past events which may lead to the development of a behaviour.
		5.2	Identify thoughts and feelings that may be associated with that past event.
6.	Understand the concept of core beliefs about oneself and their impact on behaviour.	6.1	Outline the concept of a core belief.
		6.2	Outline the relationship between a core belief and a behaviour.
7.	Understand the concept of choice over habitual behaviours.	7.1	Identify a situation where they are likely to use their habitual behaviour.
		7.2	Outline a strategy for making a more positive choice.

**Assessment Guidance:**

NA

**Additional Information:**

NA