

**Unit Title:** Effective Thinking  
**Unit Level:** 2  
**Unit Credit Value:** 1  
**GLH:** 10  
**LASER Unit Code:** WJD825  
**Ofqual Unit Code:** Y/506/8341

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know how their mind works.	1.1	Describe how conditioning and previous experience cause them to see the world selectively.
		1.2	Discuss their perceptions of their reality and the quality of the life they have.
2.	Understand they can control the way they think and behave.	2.1	Examine their own personal values.
		2.2	Describe how option thinking would be used.
		2.3	Consider their approach to problem solving and the impact this has on decision making.
		2.4	Recognise that they can't hold 2 conflicting beliefs in their mind at the same time and evaluate how they decide which belief to go for.
3.	Be able to apply effective thinking appropriately.	3.1	Determine positive outcomes of effective thinking.
		3.2	Identify what they currently believe are their strengths and abilities.
		3.3	Discuss barriers to effective thinking.
		3.4	Review the mechanisms to overcome these barriers.

<b>Assessment Guidance:</b>
NA

<b>Additional Information:</b>
NA