

Unit Title: Developing Personal Confidence and Self-Awareness	
Level:	Two
Credit Value:	24
GLH:	3
OCNLR Unit Code:	HB1/2/LQ/006
Ofqual Unit Reference Number:	D/504/8527

This unit has 7 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand reasons for feeling confident and lacking confidence.	1.1. Describe a situation when s/he felt confident and how s/he behaved in this situation. 1.2. Describe a situation when s/he lacked confidence and how s/he behaved in this situation. 1.3. Describe how s/he prepares for situations where s/he lacks confidence. 1.4. Describe how our own behaviour can influence another person's perception of us.
2. Understand effective participation in social situations.	2.1. Describe social situations which make her/him feel uncomfortable and how these act as barriers to participation. 2.2. Describe examples of behaviour which would be inappropriate in a social situation and explain why. 2.3. Describe ways in which s/he could change his/her attitude and behaviour to participate more effectively in social situations.

<p>3. Understand ways to manage stress.</p>	<p>3.1. Describe what makes her/him feel stressed.</p> <p>3.2. Describe ways in which s/he deals with feeling stressed, using examples from specific situations.</p> <p>3.3. Describe a range of techniques which can help reduce stress.</p> <p>3.4. Describe how certain stress reducing techniques might be more effective in different situations.</p>
<p>4. Be able to set goals for own development.</p>	<p>4.1. Describe the significance for him/her of one selected goal.</p> <p>4.2. Produce an action plan which identifies stages in meeting goals.</p> <p>4.3. Select and record achievements which have led to attainment of the goal.</p> <p>4.4. Describe how both goal setting and achievement have contributed to own self-confidence.</p>

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay		Practical demonstration	O
Report		Group discussion	O