

Unit Title: Recognising Own Skills for Personal Development	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HB1/E3/LQ/045
Ofqual Unit Reference Number:	D/505/8958

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know own strengths and weaknesses.	1.1. List own personal strengths. 1.2. List own personal weaknesses.
2. Be able to recognise own skills and investigate ways of self-improvement.	2.1. List personal skills learned in life, work and education/training.
3. Be able to describe current life situation and identify relationships.	3.1. Describe his/her current life situation. 3.2. Identify key important personal relationships.
4. Be able to make positive decisions.	4.1. Using examples, identify pros and cons for making a choice in a given situation.
5. Be able to set personal objectives and make action plans for self-improvement.	5.1. Identify at least two of own personal short-term goals. 5.2. State how these might be achieved.

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		Role play/simulation	
Essay		Practical demonstration	
Report		Group discussion	O
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	