

Unit Title: Personal Development	
Level:	One
Credit Value:	3
GLH:	27
OCNLR Unit Code:	HB1/1/LQ/039
Ofqual Unit Reference Number:	J/504/7792

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Be able to identify own strengths, weaknesses and skills.	1.1. Identify personal strengths and weaknesses. 1.2. Identify personal skills learned in life, work and training. 1.3. State how the skills identified could be used in the future.
2. Be able to acknowledge own current life situation and relationships.	2.1. Describe own current life and home situation. 2.2. Describe own current relationships.
3. Be able to make positive decisions.	3.1. Make considered choices in a positive manner.
4. Be able to set personal objectives.	4.1. Identify personal short-term goals. 4.2. Record personal short-term goals. 4.3. Produce an action plan which supports the achievement of these goals.

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	
Report		Group discussion	O
Oral question and answer	O	Performance/exhibition	
Written description	P	Production of artefact	