

| Unit Title: Personal Awareness |              |
|--------------------------------|--------------|
| Level:                         | One          |
| Credit Value:                  | 3            |
| GLH:                           | 27           |
| OCNLR Unit Code:               | HB1/1/LQ/054 |
| Ofqual Unit Reference Number:  | K/504/8837   |

*This unit has 4 learning outcomes*

| LEARNING OUTCOMES   | ASSESSMENT CRITERIA   |
|---|---|
| <b>The learner will:</b>  | <b>The learner can:</b>   |
| 1. Know about personal awareness.                                     | 1.1. Define personal awareness.<br>1.2. Outline how having personal awareness helps to improve life.  |
| 2. Know about the key aspects of personality.                         | 2.1. Define what is meant by personality.<br>2.2. Outline strengths of personality.<br>2.3. Identify aspects of personality to develop.   |
| 3. Know how to recognise personal skills, knowledge and achievements. | 3.1. Identify personal skills.<br>3.2. Identify personal knowledge.<br>3.3. Identify skills to develop.<br>3.4. Identify areas of knowledge to develop.<br>3.5. Identify personal achievements. |
| 4. Be able to recognise personal feelings.                            | 4.1. Identify personal feelings.<br>4.2. Identify how feelings are expressed.<br>4.3. Identify an example of behaviour which results from personal feelings.                                    |

## 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                 | O | Production of artefact  |   |