

Unit Title: Understanding Self and Others	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HB1/E3/LQ/048
Ofqual Unit Reference Number:	K/506/0678

This unit has 4 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand own needs and wishes in different contexts.	1.1. State own preferences in different contexts. 1.2. State own opinions when asked. 1.3. Give examples of situations where it is appropriate to 'say no', 'make mistakes' and 'ask for explanations'.
2. Understand personal health issues.	2.1. Identify suitable foods for a healthy diet. 2.2. List things which are considered bad for health. 2.3. Identify ways in which exercise can improve personal health.
3. Be able to interact with others.	3.1. Use appropriate eye contact, body language and voice levels when talking to others. 3.2. Demonstrate how to take turns and listen to the views of others in conversations. 3.3. Demonstrate how to introduce self to others.
4. Understand personal relationships.	4.1. Outline types of relationships people may have. 4.2. Identify the main responsibility of self and others in one type of relationship.

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