

Unit Title: Assertive Living	
Level:	One
Credit Value:	3
GLH:	27
OCNLR Unit Code:	HB1/1/LQ/036
Ofqual Unit Reference Number:	L/506/0558

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand different types of behaviour.	1.1. List the main characteristics of, and give two examples of each of the following types of behaviour: <ul style="list-style-type: none"> • passive • assertive • aggressive.
2. Know about self-esteem and how it can be enhanced.	2.1. Give three examples of factors which influence how people feel about themselves. 2.2. Identify his/her self-esteem needs and indicate how they can be met.
3. Know about stress and strategies for reducing it.	3.1. Outline what stress is. 3.2. Give three examples of causes of stress in his/her life. 3.3. Identify two ways in which his/her stress could be reduced.
4. Understand the need for time management and be able to implement it.	4.1. Define time management and demonstrate his/her time management skills by punctual attendance and completion of work on time. 4.2. List four ways in which he/she can improve his/her time management.
5. Understand personal strengths and interests.	5.1. Identify and outline three personal strengths and three interests.

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