

Unit Title: Self-assessment	
Level:	One
Credit Value:	1
GLH:	10
OCNLR Unit Code:	HB2/1/LR/001
Ofqual Unit Reference Number:	A/503/2836

*This unit has 3 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand personal strengths and weaknesses.	1.1. Identify own strengths and weaknesses. 1.2. Explain how to improve on areas of weakness.
2. Understand the importance of recognising personal skills and qualities.	2.1. Identify own skills and qualities. 2.2. Explain how own skills and qualities may be used in work and personal life.
3. Understand goal-setting.	3.1. Explain why it is important to set short- and long-term goals. 3.2. Identify a personal long-term goal. 3.3. Identify personal short-term goals. 3.4. Outline ways to achieve short-term goals. 3.5. Explain how own skills, qualities and strengths may help in achieving short-term 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	O	Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description		Production of artefact	
Reflective log/diary	O	Practice file	