

| Unit Title: Developing Emotional Resilience | |
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| Level: | Entry Three |
| Credit Value: | 1 |
| GLH: | 9 |
| OCNLR Unit Code: | PA1/E3/LQ/006 |
| Ofqual Unit Reference Number: | A/617/9071 |

This unit has 3 learning outcomes

| LEARNING OUTCOMES | ASSESSMENT CRITERIA |
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| The learner will: | The learner can: |
| 1. Understand what is meant by the term 'emotional resilience'. | 1.1. Give an example of an emotional reaction. 1.2. Identify how a person can show resilience. |
| 2. Understand personal responses to new emotional, environmental and social situations. | 2.1. Give an example of a possible new situation a person may find themselves in. 2.2. Identify how this person may feel in this new situation. |
| 3. Understand a method for developing emotional resilience. | 3.1. Give two examples of how someone could develop their emotional resilience. |

Assessment

The grid below provides suggestions for the types of assessment activities that can be used with the unit attached to provide evidence for the learner's portfolio. Please refer to the OCN London Assessment Guidance document for definitions of each activity and the expectations for assessment practice and evidence for moderation.

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| Case Study | | Project | |
| Written question & answer/test/exam | ✓ | Role play/simulation | |
| Essay | | Practical demonstration | |
| Report | | Group discussion | ✓ |
| Oral question and answer | ✓ | Performance/exhibition | |
| Written description | | Production of artefact | |
| Reflective log/diary | | Practice file | |