

Unit Title: Developing Personal Confidence and Self Awareness	
Level:	One
Credit Value:	3
GLH:	27
OCNLR Unit Code:	HB1/1/LQ/001
Ofqual Unit Reference Number:	D/504/8432

This unit has 4 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand reasons for feeling confident and lacking confidence.	1.1. Identify a situation when they felt confident and how they behaved in this situation. 1.2. Identify a situation when they lacked confidence and how they behaved in this situation. 1.3. Give an example of where they lack confidence. 1.4. Outline how our own behaviour can influence the ways in which other people view us.
2. Understand effective participation in social situations.	2.1. Identify social situations which make them feel uncomfortable and give reasons why. 2.2. Outline an example of behaviour which would be inappropriate in a social situation. 2.3. Identify ways in which they could change their attitude and behaviour to participate more effectively in social situations.

<p>3. Understand ways to manage stress.</p>	<p>3.1. State what makes them feel stressed. 3.2. State how they deal with feeling stressed. 3.3. Identify techniques which can help reduce stress. 3.4. State ways in which these techniques can help them feel better.</p>
<p>4. Be able to set goals for own development.</p>	<p>4.1. Identify one short term goal. 4.2. Produce a straightforward action plan which identifies ways to meet the goal. 4.3. Identify and record achievements which lead to attainment of the goal. 4.4. Outline ways in which goal setting has contributed to own self confidence.</p>

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.

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	