

Unit Title: Understanding Self in Conflict	
Level:	One
Credit Value:	3
GLH:	27
OCNLR Unit Code:	HB1/1/LQ/056
Ofqual Unit Reference Number:	J/505/8811

*This unit has 5 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Know own reactions to conflict.	1.1. Identify an initial response to conflict. 1.2. Identify significant life events that may have had a major influence on own behaviour.
2. Know how others can influence behaviour towards conflict.	2.1. Identify situations where others can: <ul style="list-style-type: none"> <li>influence behaviour towards conflict.</li> <li>Influence behaviour away from conflict.</li> </ul>
3. Know about the concept of triggers for conflict.	3.1. Outline the concept of triggers for conflict. 3.2. Identify thoughts that get a person hooked into conflict. 3.3. Identify thoughts that could support a person in getting unhooked from a conflict.
4. Know about the concept of getting locked into behaviour cycles.	4.1. Outline feelings and thoughts associated with a key event in the past. 4.2. Identify what these may mean. 4.3. Outline actions taken as a result of the key event. 4.4. Outline the costs and gains of those actions.
5. Know about the concept of choice in terms of choosing alternative actions which will take someone out of the 'vicious cycle'.	5.1. Outline other possible choices of action which will get someone out of a 'vicious cycle'. 5.2. Outline the possible outcomes of those other choices of action. 5.3. Outline thinking that might allow other possible choices of actions.

## 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		Group discussion	O
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	