

Unit Title: Developing Confidence and Self-Esteem	
Level:	One
Credit Value:	1
GLH:	9
OCNLR Unit Code:	HB1/1/LQ/031
Ofqual Unit Reference Number:	K/503/0967

This unit has 2 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the impact of confidence.	1.1. Define confidence. 1.2. State the benefits of being confident. 1.3. Outline how confident behaviour might influence others' perception of an individual. 1.4. Outline how lacking confidence might influence others' perception of an individual.
2. Know what is meant by self-esteem.	2.1. Define self-esteem. 2.2. Identify factors that affect self-esteem.
3. Understand ways of building confidence and self-esteem.	3.1. Identify ways of building confidence and self-esteem. 3.2. Outline a situation where he/she lacks confidence and how confidence building strategies could be applied. 3.3. State the potential impact of using confidence building strategies in a given situation.



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	O
Written question & answer/test/exam	O	Role play/simulation	