

Unit Title: Developing Confidence and Self Esteem	
Level:	Two
Credit Value:	1
GLH:	8
OCNLR Unit Code:	HB1/2/LQ/032
Ofqual Unit Reference Number:	M/503/0968

This unit has 5 learning outcomes

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

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	O
Report		Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	
Reflective log/diary	P	Practice file	