

**Unit Title:** Developing Personal Confidence And Self Awareness  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC255  
**Ofqual Unit Code:** A/506/0653

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 s/he felt confident and how s/he behaved in this situation.
		1.2	Identify a situation when s/he lacked confidence and how s/he behaved in this situation.
		1.3	Identify ways in which own behaviour can influence ways in which s/he is viewed by others.
2.	Understand effective participation in social situations.	2.1	Identify and give reasons for social situations which make her/him feel uncomfortable.
		2.2	Give an example of behaviour which would be inappropriate in a social situation.
		2.3	Identify ways in which s/he could change her/his attitude and behaviour in social situations to participate more effectively.
3.	Understanding ways to manage stress.	3.1	State what makes her/him feel stressed.
		3.2	State how s/he deals with feeling stressed.
		3.3	Identify techniques which can help reduce stress.
		3.4	State ways in which these techniques can help her/him feel better.
4.	Know how to set personal objectives and plan for personal progression.	4.1	Identify one short term goal.
		4.2	Produce a simple action plan which identifies ways to meet the goal.
		4.3	Identify and record achievements which lead to attainment of the goal.
		4.4	Identify ways in which goal setting has contributed to own self confidence.

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<b>Assessment Guidance:</b>
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NA
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<b>Additional Information:</b>
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