

Open Awards Qualification Unit



Form OAQU

This unit forms part of a regulated qualification. Click [here](#) to view qualifications.

1 Unit Details

Unit Title:	Personal Development
QAC Code:	L/504/7793
Level:	Level 2
Credit Value:	3
Minimum GLH:	24

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about own strengths, weaknesses and skills	1.1 Identify personal strengths and weaknesses
	1.2 Assess the importance of the identified strengths and weaknesses for the future in life, work and training
2. Know about own personal skills	2.1 Identify personal skills learned in life, work and training
	2.2 Assess personal skills learned in life, work and training
	2.3 Describe how the identified skills may be used in the future
3. Be able to acknowledge own current life situation and relationships	3.1 Describe own current life and home situation
	3.2 Describe own current relationships
4. Be able to make positive decisions	4.1 Make considered choices in a positive manner
	4.2 Explain the reasons for the choices made
5. Be able to produce an action plan to support the achievement of personal goals	5.1 Identify personal goals
	5.2 Give time-scales for achieving identified personal goals
	5.3 Produce an action plan which records the identified personal goals and time-scales for achieving them