

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Developing Own Interpersonal Skills
Unique Reference Number:	M/506/7762
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. Be aware of personal skills and their use.	1.1 Describe his/her own strengths and show how these skills could be transferred to other roles.
2. Display awareness of the need for time management.	2.1 Describe ways of improving own time management.
3. Show understanding of personal need to manage stress.	3.1 Describe own strategies for managing stress.
4. Understand the difference between constructive and destructive criticism.	4.1 Describe real situations which illustrate and show use of appropriate criticism.
5. Be aware of confident behaviour in themselves and others.	5.1 Describe real situations which illustrate confident behaviour.
6. Be aware of body language and understand its application.	6.1 Describe the application of body language in real situations.
7. Know the difference between aggressive, passive and assertive behaviour.	7.1 Describe how s/he can respond appropriately to aggressive passive and assertive behaviour.