

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Understand how to Develop Resilience
Unit Reference Number:	Y/507/5225
Level:	Level 2
Credit Value:	2
Minimum GLH:	15

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the concept of resilience	1.1 Define the term 'resilience'
	1.2 Identify famous people who have had to overcome challenges in their careers
	1.3 Describe the nature of those challenges
	1.4 Describe how resilience helped them overcome those challenges
2. Understand the need for resilience when seeking employment	2.1 Explain why it's important to develop resilience
	2.2 Identify situations where resilience would be needed when seeking employment
	2.3 Identify ways of developing resilience to cope with these situations
3. Be able to produce a personal development plan to develop resilience	3.1 Produce a personal development plan to develop resilience
	3.2 Explain how and when to review their progress towards achieving their targets