

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Resilience Skills
Unit Reference Number:	R/507/5224
Level:	Level 2
Credit Value:	2
Minimum GLH:	16

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand resilience and its impact	1.1 Describe what is meant by resilience
	1.2 Describe a situation where resilience skills have been used
	1.3 Describe why resilience is important for: a) An individual b) Society
2. Understand how to develop an individual's resilience	2.1 Describe why a positive outlook on life can be important to an individual's resilience
	2.2 Describe ways of creating a positive outlook on life
	2.3 Describe a range of factors that contribute to an individual's resilience
	2.4 Describe a range of ways to develop an individual's resilience
3. Be able to develop resilience skills	3.1 Assess her/his resilience skills detailing strengths and areas for improvement
	3.2 Create and implement an action plan to develop their resilience skills

3.3 Reflect on the action plan detailing further development points for building resilience.

The contents of this unit could be linked to [The Care Certificate Standards](#)

LO2 2.4 Describe a range of ways to develop an individual's resilience. This can be mapped over to Element 2 2.1d Contribute to drawing up own personal development plan.

LO3 3.1 Assess her/his resilience skills detailing strengths and areas for improvement. This can be mapped over to Element 2 2.1e Agree a personal development plan.

LO3 3.3 Reflect on the action plan detailing further development points for building resilience. This can be mapped over to Element 2 2.2h Demonstrate how to record progress in relation to their personal development and Element 2 2.2i Explain why continuing professional development is important.