

# Open Awards

## Qualification Unit



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

### 1 Unit Details

Unit Title:	Personal Resilience
Unit Reference Number:	R/615/6671
Level:	Level 1
Credit Value:	2
GLH:	18

### 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about traits of personal resilience/ mental toughness	1.1 State how the following can positively contribute to personal resilience: a) Emotional control b) Learning from experience c) Interpersonal confidence d) Confidence in abilities e) Commitment to achieving
	1.2 State why levels of mental toughness/ resilience may change
	1.3 Outline examples of what personal resilience is <b>not</b>
	1.4 Give own definition of what it means to be personally resilient
2. Be able to identify traits of personal resilience/ mental toughness	2.1 From own or given scenarios, identify: a) Aspects of personal resilience being demonstrated b) Aspects of person resilience being neglected
3. Be able to identify personal areas for improvement in personal resilience/ mental toughness	3.1 State how the following could aid in developing a higher level of mental toughness/ personal

	<p>resilience</p> <p>a) Mindfulness</p> <p>b) Education</p> <p>c) Talking with an independent party</p>
	<p>3.2 Identify a minimum of two aspects of personal resilience /mental toughness to improve</p>
	<p>3.3 Produce an action plan to work towards increased personal resilience/ mental toughness</p>