Open Awards Qualification Unit

This unit forms part of a regulated qualification. Click **here** to view qualifications.

1　Unit Details

Unit Title:	Managing Anger and Aggression
Unit Code:	Y/615/6672
Level:	Level 1
Credit Value:	2
Minimum GLH:	18

2　Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1　Know the causes and consequences of anger and aggression	1.1　Define the emotion of anger
	1.2　Give examples of how anger may be expressed
	1.3　Outline why situations may develop to include aggression in relation to: a) Self b) Others
	1.4　Outline situations that may trigger anger and aggression in relation to: a) Self b) Others
2　Know about the impact of anger and aggression	2.1　Identify the effects and consequences of anger and aggression
	2.2　Describe the impact of anger and aggression in general society
3　Know how to avoid conflict by changing own behaviour	3.1　Outline the importance of monitoring behaviour and feelings in avoiding conflict
	3.2　Outline examples of coping strategies for manging behaviour

	3.3	Give an example of a situation where the use of conflict management skills has improved own behaviour and avoided conflict
	3.4	Describe how to restore calm in self and others in conflict