

# 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:	T/615/6713
Level:	Entry 3
Credit Value:	2
Minimum GLH:	20

### 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about traits of personal resilience	1.1 State how the following can positively contribute to personal resilience: a) Emotional control b) Learning from experience c) Confidence in abilities
	1.2 Identify what personal resilience is <b>not</b>
	1.3 Give own definition of what it means to be personally resilient
2. Be able to identify traits of personal resilience	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	3.1 Identify a minimum of one aspect of personal resilience to improve
	3.2 Outline an action plan to work towards increased personal resilience