

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Coping with Change
Unit Reference Number:	F/615/6732
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 Be able to identify situations of change and approaches to it	1.1 State what is meant by a) Controlling coping b) Escaping coping
	1.2 Give a minimum of one example of change in personal life
	1.3 State what is meant by being a) Proactive b) Reactive
2. Know about the effects of change	2.1 Outline how change can have an effect on a) Emotional wellbeing b) Physical wellbeing
3. Be able to create a plan for coping with change	3.1 Identify one personal scenario and create a personal plan for dealing with change to include a) Steps for adjustments b) Identifying people/ organisations who offer support c) Ways to manage wellbeing
	3.2 Outline the possible consequences of not dealing with change