

Open Awards

Qualification Unit



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1 Unit Details

Unit Title:	Forming and Breaking Habits
Unit Reference Number:	J/615/6733
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 habits	1.1 State what is meant by a habit
	1.2 Identify a minimum of one personal <ul style="list-style-type: none">a) Good habitb) Bad habit
	1.3 State a minimum of one: <ul style="list-style-type: none">a) Benefit(s) of habitsb) Disadvantage(s) of habits
	1.4 Outline how personal environment can impact on forming and breaking habits
2. Know how to break and form habits	2.1 Outline a minimum of one strategy for breaking and forming habits
	2.2 State why it is important to create realistic goals when attempting to break and form habits
	2.3 Outline a simple personal plan to: <ul style="list-style-type: none">a) Break a bad habitb) Form a good habit
	2.4 State the possible benefits of telling others about a personal plan

