

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Personal Goal Setting
Unit Reference Number:	R/615/6735
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 reasons for setting goals	1.1 State what is mean by a 'goal' in relation to personal development
	1.2 Discuss the purpose of setting goals
	1.3 Identify the difference between a realistic and non-realistic goal
2. Know about the importance of monitoring progress	2.1 State why it is important to monitor progress when working towards a set goal
	2.2 Identify one way to monitor progress when working towards a set goal
3 Be able to set personal goals and make plans to achieve them	3.1 Identify a personal goal
	3.2 Identify motivations for personal goal
	3.3 Create a personal plan for a personal goal including: a) Overarching goal b) Smaller achievement steps
	3.4 Identify potential barriers to achieving a goal
	3.5 Identify a person or an organisation who could support progress towards identified personal goal