

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Managing Stress in the Workplace
Unit Reference Number:	R/615/6993
Level:	Entry Level 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 stress in the workplace	1.1 Identify possible causes of stress in the workplace
	1.2 State a personal reaction to stress
2. Understand the consequences of stress	2.1 State the possible consequences of stress on a) An individual's health b) An Individual's professional performance c) Personal relationships
3 Know how to manage stress in the workplace	3.1 State a strategy for managing stress in the workplace
	3.2 Identify who can offer advice or help with stress a) In the workplace b) In personal life