

Open Awards Qualification Unit



Form OAQU

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1 Unit Details

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| Unit Title: | Developing Own Interpersonal Skills |
| QAC Code: | Y/506/0661 |
| Level: | Level 1 |
| Credit Value: | 3 |
| Minimum GLH: | 27 |

2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will): | Assessment Criterion (The Learner can): |
|---|--|
| 1. Know own strengths and weaknesses. | 1.1 Outline own strengths and weaknesses. |
| 2. Understand time management. | 2.1 Outline ways of improving own time management. |
| 3. Know how to recognise stress. | 3.1 Identify signs and symptoms of stress in self and others. |
| 4. Understand types of criticism. | 4.1 Give examples of different types of criticism. |
| 5. Understand confident behaviour | 5.1 Give examples of real situations which illustrate confident behaviour. |
| 6. Understand what is meant by 'body language'. | 6.1 Identify at least five examples of body language. |
| 7. Understand the difference between aggressive, passive and assertive behaviour. | 7.1 Give examples of each of the following behaviours: a) aggressive b) passive c) assertive. |