

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Behaviour Change: Understanding and Managing Anger and Aggression
Unit Reference Number:	A/506/3150
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 about anger, causes and consequences	1.1 Describe the emotion of anger
	1.2 Give examples of how anger is expressed
	1.3 Outline factors that may trigger anger
	1.4 Identify effects and consequences of anger
2. Know about different types of behaviour	2.1 Identify different response styles
	2.2 Give examples of own past actions and behaviour in conflict situations
3. Know how to avoid conflict by changing own behaviour	3.1 Explain the importance of monitoring behaviour and feelings in avoiding conflict
	3.2 Give an example of a situation where the use of conflict management skills have improved own behaviour and avoided conflict