

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Building Confidence and Self Esteem
Unit Reference Number:	T/615/5786
Level:	Entry 2
Credit Value:	2
Minimum GLH:	20

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how confidence and self-esteem can improve their life	1.1 Identify what confidence and self esteem are
	1.2 Identify one way that being confident and feeling good about themselves can improve their life
2. Understand a way in which confidence and self esteem can be damaged	2.1 Identify one way in which confidence and self esteem can be damaged
	2.2 Identify one way that their life could be affected if their confidence and self esteem were to be damaged
3. Understand how confidence and self esteem can be increased	3.1 Identify a way of building confidence and self esteem
4. Understand feelings surrounding confidence and self esteem	4.1 Identify two types of good feelings that are linked with self esteem