

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Understanding Emotional Resilience
Unit Reference Number:	R/507/6714
Level:	Level 2
Credit Value:	1
Minimum GLH:	10

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand their own current levels of emotional resilience	1.1 Define emotional resilience
	1.2 Identify personal strengths in relation to emotional resilience
	1.3 Identify personal weaknesses in relation to emotional resilience
	1.4 Identify factors that put a strain on emotional resilience
2. Know methods for coping in difficult situations	2.1 Identify methods for coping in difficult situations
	2.2 Identify motivating values
	2.3 List personal preferences for coping with difficult situations
	2.4 Identify people that can provide support in difficult situations
3. Be able to plan ways to develop own emotional resilience	3.1 Create an action plan to improve own levels of emotional resilience