

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Personal Awareness
Unit Reference Number:	T/615/6369
Level:	Entry 3
Credit Value:	3
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about personal awareness	1.1 State what is meant by personal awareness
	1.2 Give an example of a situation where having personal awareness has improved own life
2. Know about the key aspects of personality	2.1 State what is meant by personality
	2.2 Give examples of own personality traits
	2.3 Identify a personality trait which could be improved
3. Know how to recognise personal skills, knowledge and achievements	3.1 Identify a personal skill
	3.2 Identify a personal knowledge
	3.3 Identify a skill to develop
	3.4 Identify an area of knowledge to develop
	3.5 Identify a personal achievement
4. Be able to recognise personal feelings	4.1 Identify a personal feeling
	4.2 Give an example of when the identified personal feeling was expressed
	4.3 Identify an example of behaviour which results from personal feelings.