

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Coping with Change

**Unit Reference Number:** L/615/6698

**Level:** Level One (1)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to identify situations of change and approaches to it	1.1 Define what is meant by: a) Controlling coping b) Escaping coping
	1.2 Give a minimum of two examples of change in personal life
	1.3 Define what is meant by being: a) Proactive b) Reactive
2. Know about the effects of change	2.1 Outline how change can have an effect on: a) Emotional wellbeing b) Physical wellbeing c) Physiological wellbeing
3. Be able to identify opportunities and dangers during periods of change	3.1 Outline why stress management is important
	3.2 From own or a given scenario, outline: a) Opportunities arising from change b) Possible dangers of change

4	Be able to create a plan for coping with change	4.1	Identify one personal scenario and create a personal plan for dealing with change to include: <ul style="list-style-type: none"><li>a) Steps for adjustments</li><li>b) Identifying people/ organisations who offer support</li><li>c) Ways to manage emotional wellbeing</li><li>d) Ways to manage physical wellbeing</li></ul>
		4.2	Discuss the possible consequences of not dealing with change