

# Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Personal Goal Setting

**Unit Reference Number:** J/615/6702

**Level:** Level One (1)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know reasons for setting goals	1.1 Define what is mean by a 'goal' in relation to personal development
	1.2 Discuss the purpose of setting goals
	1.3 Identify a minimum of two areas in personal life where goals could be set
	1.4 Identify the difference between a realistic and non-realistic goal
	1.5 State the difference between performance goals and outcome goals
2. Know about the importance of monitoring progress and learning from failure	2.1 State why it is important to monitor progress when working towards a set goal
	2.2 Outline how feedback loops can help monitor progress towards a set goal
	2.3 State how failure can be used as an opportunity to learn and progress
3. Be able to set personal goals and make plans to achieve them	3.1 Identify a personal goal
	3.2 State motivations for personal goal
	3.3 Create a personal plan for a personal goal including: <ul style="list-style-type: none"> <li>a) Overarching goal</li> <li>b) Smaller achievement steps</li> <li>c) Planned timescales and review process</li> <li>d) Feedback loop(s)</li> </ul>

3.4 Identify potential barriers to achieving goal

3.5 Identify a person or an organisation who could support progress towards identified personal goal