Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Confident Participation

Unit Reference Number: L/615/6703

Level: Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Have an understanding of reasons for feeling confident and lacking confidence	1.1 Outline a situation when confidence was felt and describe the behaviours linked to this situation
	1.2 Outline a situation when confidence was lacking and describe the behaviours linked to this situation
	1.3 Outline examples of how a lack of confidence is felt
	1.4 Outline ways in which own behaviour can influence ways in which they are viewed by others
2. Have an understanding of effective participation in social situations	2.1 Identify and give reasons why social situations may feel uncomfortable
	2.2 Outline behaviours which would be inappropriate in a social situation
	2.3 Outline ways in which a person could change their attitude and behaviour in social situations to participate more effectively

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