

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Coping with Change

Unit Reference Number: F/615/6732

Level: Entry Level Three (3)

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to identify situations of change and approaches to it	1.1 State what is meant by: a) Controlling coping b) Escaping coping
	1.2 Give a minimum of one example of change in personal life
	1.3 State what is meant by being: a) Proactive b) Reactive
2. Have an understanding of effective participation in social situations	2.1 Outline how change can have an effect on: a) Emotional wellbeing b) Physical wellbeing
3. Know about the effects of change	3.1 Identify one personal scenario and create a personal plan for dealing with change to include: a) Steps for adjustments b) Identifying people/ organisations who offer support c) Ways to manage wellbeing
	3.2 Outline the possible consequences of not dealing with change