

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Developing Self

Unit Reference Number: L/615/8483

Level: Level One

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to take an active role in their self-development	1.1 Describe personal strengths or abilities
	1.2 Select an area for self-development
	1.3 Explain why this area is important for their self-development
2. Be able to plan for their self-development	2.1 Prepare a plan for their identified area of self-development
	2.2 List activities, target and timelines for their self-development
	2.3 Plan how to review and progress towards achieving their targets
	2.4 Work through the agreed plan
3. Be able to review their self-development and plan for the future	3.1 Review their self-development plan
	3.2 Suggest improvements and amendments to the plan
	3.3 Explain how they will continue with their self-development