

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Developing Own Interpersonal Skills
Unit Reference Number:	R/615/7058
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know own strengths and weaknesses	1.1 Outline own strengths and weaknesses
2. Know about time management	2.1 Outline ways of improving own time management
3. Know how to recognise stress	3.1 Identify signs and symptoms of stress in self and others
4. Know about types of criticism	4.1 Give examples of different types of criticism
5. Understand confident behaviour	5.1 Give examples of real situations which illustrate confident behaviour
6. Understand what is meant by 'body language'	6.1 Identify at least five examples of body language
7. Understand the difference between aggressive, passive and assertive behaviour	7.1 Give examples of each of the following behaviours: a) aggressive b) passive c) assertive