

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Motivation
Unit Reference Number:	T/615/8056
Level:	Level 1
Credit Value:	1
Minimum GLH:	9

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the meaning of motivation	1.1 Define 'motivation'
	1.2 List different factors that motivate people
	1.3 Outline the impact on self and others of a lack of motivation
2. Know about own levels of motivation	2.1 State what motivates self in current situation
	2.2 Identify situations when own motivation was low
	2.3 Identify situations when own motivation was high
	2.4 Identify ways to improve own motivation