

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Personal Awareness
Unit Reference Number:	F/615/8058
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 about personal awareness	1.1 Define personal awareness
	1.2 Outline how having personal awareness helps to improve life
2. Know about the key aspects of personality	2.1 Define what is meant by personality
	2.2 Outline strengths of personality
	2.3 Identify aspects of personality to develop
3. Know how to recognise personal skills, knowledge and achievements	3.1 Identify personal skills
	3.2 Identify personal knowledge
	3.3 Identify skills to develop
	3.4 Identify areas of knowledge to develop
	3.5 Identify personal achievements
4. Be able to recognise personal feelings	4.1 Identify personal feelings
	4.2 Identify how feelings are expressed
	4.3 Identify an example of behaviour which results from personal feelings