

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Personal Confidence
Unit Reference Number:	J/615/8059
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 reasons for feeling confident and lacking confidence	1.1 Identify a situation when they felt confident
	1.2 Describe own behaviour in this situation
	1.3 Identify a situation where they lacked confidence
	1.4 Describe own behaviour in this situation
	1.5 Identify how to behave in this situation
	1.6 Identify ways in which own behaviour can influence others perceptions
2. Know how to participate effectively in social situations	2.1 Identify social situations which can feel uncomfortable
	2.2 Describe behaviour which would be inappropriate in a social situation
	2.3 Identify how to change attitude and behaviour in social situations in order to participate more effectively
3. Know about ways to manage stress	3.1 Identify the causes of personal stress
	3.2 State how to deal with feeling stressed
	3.3 Identify techniques which can help reduce stress

	3.4	State ways in which these techniques can reduce personal feelings of stress
4. Be able to set personal objectives and plan for personal progression	4.1	Identify short term goals
	4.2	Produce an action plan to achieve goals
	4.3	Identify achievements which lead to attainment of the goal
	4.4	Identify ways in which goal setting has contributed to own self confidence