Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Causes of Anxiety

Unit Reference Number: D/618/1234

Level: Entry Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 20

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about anxiety	1.1 Identify what anxiety is
	1.2 Identify a minimum of two causes of anxiety in everyday life
	1.3 Identify a sign of anxiety
	1.4 Give an example of a way to deal with anxiety

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