

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Self-Esteem and Confidence

Unit Reference Number: J/618/1244

Level: Entry Level Three (3)

Credit Value: One (1)

Minimum Guided Learning Hours: 10

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about confidence as an outward expression	1.1 Identify what confidence means
	1.2 Give at least three examples of times you were confident
	1.3 Explain how being confident made you feel
	1.4 Outline how lacking confidence might be seen by other people
2. Know what is meant by self-esteem as an inward emotion	2.1 Identify what self-esteem means
	2.2 Outline at least three good personal attributes about yourself
	2.3 Explain how these attributes make you feel
3. Understand ways of building confidence and self-esteem	3.1 Identify two ways of building: a) confidence and b) self-esteem
	3.2 Outline a situation where you lack confidence
	3.3 Outline a situation where you lack self-esteem
	3.4 Identify at least one confidence building strategy that could be applied
	3.5 Identify at least one self-esteem building strategy that could be applied