

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Causes of Anxiety

Unit Reference Number: Y/618/1247

Level: Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about anxiety	1.1 Explain what anxiety is
	1.2 Identify a minimum of at least three causes of anxiety in everyday life
	1.3 Identify the positive aspects of anxiety
	1.4 Identify the negative aspects of anxiety
2. Recognising and dealing with anxiety	2.1 Explain at least two signs of anxiety
	2.2 Give at least two examples of ways to deal with anxiety
	2.3 Identify agencies/authorities that can help you to deal with anxiety