

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Work Aspirations and Goals

Unit Reference Number: K/618/6355

Level: One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 15

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand what is meant by aspirations and goals	1.1 Describe what is meant by an aspiration
	1.2 Explain the difference between a dream and an aspiration
	1.3 Outline the meaning of a goal
	1.4 Describe the difference between a short-term and long-term goal
2. Identify own aspirations and goals	2.1 Identify own aspirations
	2.2 Consider how own aspirations can become a reality
	2.3 Identify a relevant long-term goal to support achieving own aspirations
	2.4 State suitable short-term goals that contribute towards the long-term goal
3. Take ownership of own personal development to support own aspirations and goals	3.1 Identify own training needs to achieve short and long-term goals
	3.2 Reflect on behaviour changes that will support achievement of short and long-term goals
	3.3 List a minimum of three lifestyle changes that will help achievement of goals
	3.4 Construct an action plan, detailing the actions required to help support the achievement of short and long-term goals

4. Understand where to get support

4.1 List sources of support in identifying goals and aspirations

4.2 Describe where additional support can be obtained to support progress towards goals and aspirations