



PART OF **nocn** GROUP

Unit Title: Skills for Maintaining Emotional Wellbeing
Unit Level: One
Unit Credit Value: 3
GLH: 27
Unit Code: HB1/1/NE/002
Unit Review Date: 31/05/2022

This unit is not part of a regulatory framework

Purpose and Aim of the Unit:	The purpose of the unit is to equip learners with the skills and knowledge necessary to enable them to maintain emotional wellbeing. Specifically the unit aims to develop learners' understanding of effective communication skills; maintaining healthy friendships and the management of emotions.
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This unit has 5 learning outcomes.

Learning Outcomes	Assessment Criteria
The learner will:	The learner can:
1. Know how to use communication skills effectively.	1.1. Give two examples of the following types of communication: (a) verbal; (b) non-verbal; (c) written. 1.2. Appraise own communication skills. 1.3. List three barriers to effective communication. 1.4. Identify ways to overcome two of the barriers listed in 1.3.
2. Know the skills and qualities needed to maintain healthy friendships.	2.1. Identify the qualities of a good friend. 2.2. Assess own friendship qualities. 2.3. Identify challenges to healthy friendships. 2.4. Identify ways to cope with challenging friendships.
3. Understand the concept of self-image and the factors that influence it.	3.1. Outline what is meant by the term 'self-image'. 3.2. Identify factors that may influence self-image. 3.3. Appraise own self-image. 3.4. Identify a well-known personality who is a positive role model. 3.5. Explain why the person identified in 3.4 is a positive role model.

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Learning Outcomes	Assessment Criteria
The learner will:	The learner can:
4. Understand human emotions.	4.1. Explain the physical effects on the body of two emotions. 4.2. Identify the emotions expressed by the following: (a) an example of body language; (b) a facial expression. 4.3. Identify triggers for own emotions. 4.4. Outline the link between feelings and actions. 4.5. List methods of coping with emotions.
5. Understand the concept of mental health.	5.1. Explain what is meant by the term 'mental health'. 5.2. Identify two mental health issues. 5.3. Identify factors that affect own mental health. 5.4. List three local agencies that provide support for mental health issues.

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ASSESSMENT INFORMATION

One Awards promotes the use of a range of methods to assess the skills and knowledge of learners. Please refer to the Assessment Definitions document (available on the One Awards website) which provides guidance on the use of assessment activities at different levels, the evidence which could be generated from these activities and ways in which the assessment activities could be managed.

When planning assessment tasks for this unit, Centres should ensure that the selected assessment methods are relevant to the subject, the assessment criteria and the needs of learners.

All assessment practice for this unit should take an active account of equality and diversity issues. Centres should refer to the guidance in the One Awards Access to Fair Assessment Policy (available on the One Awards website).

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